



™

# OLI Wilderness Craft 1 Syllabus

## 2. LEADERSHIP

**Competency – Develop an understanding and practice of servant leadership with a group during the journey--creating a community environment that builds meaningful relationships.**

- 2.1 Active Listening
- 2.2 Personal evangelism and discipleship
- 2.3 Ministry of hospitality
- 2.4 Understanding group dynamics; how to skilfully involve each person on the journey, providing meaningful opportunities to work and serve others, while balancing the adventure experience with adequate play, and rest for each participant—helping them to feel like a significant part of the group.
- 2.5 Must list for trips:
  1. Learning names
  2. Ice breakers/initiative games
  3. Care of equipment and packing station procedure
  4. Hypothermia talk
  5. Dehydration talk
  6. Blister prevention and care talk
  7. Rest step and pace talk
  8. What to do if lost talk
  9. BIFF/Toilet procedure
  10. No trace camping talk
  11. Avalanche avoidance and what to do if caught
  12. Trail Talks; at least three from memory with Scripture
  13. Daily team meetings and prayer with leaders

14. Learning songs
15. Around campfire or meal sharing
16. Free time structured into week
17. One on one times with each participant
18. Meal questions and discussions
19. Setting up Quiet times daily with well-crafted questions
20. Rainy day activities prepared
21. Share the value of stress and challenge
22. Scripture memory
23. Body of Christ/Gifts talk
24. Servanthood as a topic and modelled
25. Gospel presented clearly
26. Team relationships:
  - Pre-trip planning
  - Daily team meetings; prayer, feedback, planning
  - Problem-solving
  - Guide relationships with other counsellors/leaders
27. Counselling skills:
  - Active Listening
  - Communication and Care
  - Directive
28. Closure; evaluation and goal setting for home<sup>1</sup>

### 3. FIRST AID AND BACKCOUNTRY SAFETY

**Competency – Demonstrate competence and confidence in administering any medical treatment that may be needed in the wilderness setting.<sup>2</sup>**

**Definition:** “Wilderness” first aid is different than “front country” first aid in that the wilderness caregiver is usually an hour or more away from medical help and must take into account potential long term treatment of the patient as well as evacuation procedures.

- ❑ 3.1 Anticipating, recognizing, diagnosing, and caring for:
  - Soft-tissue injuries
  - Anaphylactic shock
  - Fractures
  - Head injuries
  - Chest and abdominal injuries
  - CPR
- ❑ 3.2 Ability to recognize and treat injuries due to environment:
  - Heat or cold injuries
  - Altitude disorders
- ❑ 3.3 Ability to recall and perform necessary treatments:
  - Patient medical history

<sup>1</sup> Brahler, Gwen; Denton, Ashley; Fuchs, Greg, ed. Rocky Mountain Region Backcountry Trail/River Reference Manual, 2001, 15.

<sup>2</sup> Overview adapted from *Medicine for Mountaineering*, Wilkerson, James A., editor, 1992.

- Primary and secondary physical examination
- Techniques of patient care and administration of medications
- Knowledge of mental disorders, infectious disorders likely to be encountered on a multi-day journey.

#### 4. NAVIGATION AND ORIENTEERING

**Competency – Demonstrate an ability to effectively plan and lead a group through the wilderness by using map, compass, and terrain travel knowledge.**

- 4.1 Ability to read a topographic map and use a compass; involving map orientation, taking accurate bearings, and making declination adjustments.
- 4.2 The OLI Guide will also demonstrate skill in using map and compass to navigate in a field setting as well as to communicate reference and navigation information to others effectively.
- 4.3 Familiarity with regionally specific terrain travel knowledge, e.g. time it takes to travel through varied vegetation and landscape features.
- 4.4 Weather: Demonstrate a basic understanding of local weather patterns.
- 4.5 Water Safety
  - a. Demonstrate best practice for individual, mutual support, and recovery methods for varied river crossings.

#### 5. ROCK CLIMBING & ABSEILING/RAPPELLING EQUIPMENT

**Competency – The OLI Guide will be able to demonstrate a basic proficiency in the fundamentals of rock climbing and abseiling/rappelling.**

- 5.1 Familiarity with rope coiling, proper placement of anchors for belays and abseils, and skilful use of knots:
  - Water knot
  - Figure 8 on a Bight
  - Figure 8 Retrace
  - Double Fisherman’s Knot
  - Fisherman’s Backup
  - Münter/Italian Hitch (p. 101 in *Freedom of the Hills*)
  - Klemheist (p. 100 in *FOH*)
  - Classic Prussik Knot
  - Half Hitch
- 5.2 Describe the advantages and disadvantages of equipment used for rock climbing and reasons for choice:
 

static rope	rappel/ abseil devices	helmets
dynamic rope	prussik cord	carabiner types
tubular webbing	harnesses	belay devices

- ❑ 5.3 Describe how to evaluate the wear of equipment (e.g. – internal/external wear of ropes and webbing and harnesses, wear to carabiner, belay, and abseil devices, helmet wear and stress, when to retire equipment).
- ❑ 5.4 Complete a log of the equipment used

## 6. ROCK CLIMBING SKILLS<sup>3</sup>

**Competency – Demonstrate an ability to teach and model belaying and abseiling/rappelling techniques including verbal commands and basic rock climbing techniques.**

### 6.1 *Personal Safety*

- ❑ 6.1.1 Always model personal safety during set up and operations.

### 6.2 *Anchors*

- ❑ 6.2.1 Demonstrate the construction of a variety of workable, safe anchor systems which minimize potential shock loading, share the load, have minimal angles and allow the rope to run smoothly. Set up two point equalizing and multipoint equalizing anchors.
- ❑ 6.2.2 Demonstrate an understanding of the items used for natural anchor construction (e.g. trees, bollards, threads, horns.)
- ❑ 6.2.3 Demonstrate an understanding of the items used for artificial anchor construction (e.g. wires, stoppers, hexes, and camming devices).
- ❑ 6.2.4 Demonstrate the use of bolt anchors (if appropriate for the region).

### 6.3 *Participant Safety*

- ❑ 6.3.1 Never compromise participant safety.
- ❑ 6.3.2 Demonstrate the use of the figure eight device in belaying and abseiling.
- ❑ 6.3.3 Demonstrate site and participant safety checks.
- ❑ 6.3.4 Teach each participant how to put on a harness correctly and check harness during climbing and abseiling.
- ❑ 6.3.5 Teach participant/s how to belay safely.

### 6.4 *Rock Climbing & Abseil/Rappel Operation*

- ❑ 6.4.1 Construct a top rope system anchor using placed protection, ready for operation within 20 minutes.
- ❑ 6.4.2 Climb grade 5.8 (U.S.) or 16 (European). Be able to suit climbs to climbers abilities.

---

<sup>3</sup> Adapted largely from *New Zealand Outdoor Leader Association* Rock I standards.

- ❑ 6.4.3 Construct a rock climbing and abseil system ready for operation within 30 minutes.
- ❑ 6.4.4 Belay Technique
  - a. Belay from body & discuss advantages regarding simplicity, preventing 'sleeping at the wheel', and use of this technique in contrast to belaying from anchor if anchor is not considered 'bomb proof'.
  - b. Sitting stance verses standing stance for versatility.
  - c. For rappel/abseils, set up a secondary belay rope with bowline on a coil around participant and belay them down the pitch.
- ❑ 6.4.5 Use an effective communication system with the participants during the rock climbing and abseil sessions ("Belay on? On Belay.", "Ready to climb? Climb Away.", "Climbing", "Tension", "Slack", "Off Belay?, Belay off.")

### 6.5 Top Rope Rescues

- ❑ 6.5.1 Demonstrate top rope prussik rescue station including - top rope tension maintained, belay tied off, prussik access up or down rope (if another rope available) to participant, two person self-protected abseil to ground.

### 6.6 Abseil/Rappel Rescues

- ❑ 6.6.1 Demonstrate a release of the abseil rope to allow the participant to free jammed clothing or hair.
- ❑ 6.6.2 Demonstrate a controlled lower of the participant to the ground.

## 7. BASIC BACKCOUNTRY TRAVEL, CAMPING, & NUTRITION

**Competency – Demonstrate and ability to model appropriate hiking techniques and route finding skills , camping knowledge (including no trace ethics) and nutrition with a group.**

- ❑ 7.1 Hiking: Approach, pace, rest step, down hill and side-hill walking, etiquette
- ❑ 7.2 Trails/Tracks: Route finding, trail practices, thick brush, talus, scree, snow (ice axe use), streams
- ❑ 7.3 Camping: Low-impact camping, campfires, washing, sanitation, animals, shelters, sleeping bags, bivoucs
- ❑ 7.4 Nutrition/Food: Composition of foods, endurance, water, food planning, menu suggestions, utensils, stoves (use and repair)

## 8. CLOTHING AND EQUIPMENT

**Competency – Demonstrate an ability to identify the different types of clothing and equipment used in the wilderness setting and explain the purpose of each. The OLI Guide will have the ability to make repairs to equipment when necessary.**

- ❑ 8.1 Layering clothes
- ❑ 8.2 Familiarity with equipment list to effectively lead participants through a packing station in preparation for the trip
- ❑ 8.3 Adjusting packs to optimize participant comfort

**Helpful Resources:**

1. *NZOIA™ Rock Instructor Level I Syllabus.*
2. *Abseiling for Instructors* by Bev Smith
3. *Mountaincraft*, by Mountain Safety Council, New Zealand
4. *Freedom of the Hills* by The Mountaineers
5. International Federation of Mountain Guides Associations
6. American Mountain Guides Association
7. *Rocky Mountain Region Backcountry Trail/River Reference Manual*
8. *Medicine for Mountaineering*
9. *Outdoor Safety; Risk Management for Outdoor Leaders*; New Zealand Mountain Safety Council