



*High Adventure Team  
(HAT)  
Courses and Seminars*

2010 Edition

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- **OKPIK -- Cold Weather Camping Awareness**
  - **Basic Backpacking Awareness (BBA)**
  - **Applied Trek Planning (ATP)**
  - **Paddle Sport Awareness**
  - **Rock Climbing & Rappelling Awareness**
  - **Wilderness First Aid**
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To Contact A HAT Course Please Email

[OKPIK@GEC-HAT.ORG](mailto:OKPIK@GEC-HAT.ORG)

[BACKPACK@GEC-HAT.ORG](mailto:BACKPACK@GEC-HAT.ORG)

[ATP@GEC-HAT.ORG](mailto:ATP@GEC-HAT.ORG)

[PADDLESPORTS@GEC-HAT.ORG](mailto:PADDLESPORTS@GEC-HAT.ORG)

[CLIMB@GEC-HAT.ORG](mailto:CLIMB@GEC-HAT.ORG)

[FIRSTAID@GEC-HAT.ORG](mailto:FIRSTAID@GEC-HAT.ORG)

***Course Information***

- What is High Adventure?
- What will I gain or learn from a HAT Course?
- When are the HAT Courses Offered?

**Golden Empire Council, BSA**  
***High Adventure Team***  
**HIGH ADVENTURE AWARENESS**

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**MISSION:**

To provide awareness, disseminate information, develop incentives that will ensure and enhance safe and enjoyable high adventure experiences within the Scouting Program, and to ensure and enhance the conservation and maintenance of our environment for the future.

**OBJECTIVES:**

To provide the awareness of important issues and considerations that will give a strong sense of confidence to those adult and youth leaders who will plan and lead high adventure treks while ensuring safety and enjoyment.

To disseminate information to the Scouting Program about high adventure experiences, special programs, outfitters, instructional resources, developments in equipment and techniques, and about the policies of the Forest Service and the Boy Scouts of America.

To work with the U.S. Forest Service and other similar organizations in developing and organizing ways in which to motivate and involve the Scouting Program in helping to maintain and conserve the natural environment and high adventure accesses into and through that environment.

To develop programs and incentives through special opportunities and awards that will motivate the members of the Scouting Program, both youth and adults, to challenge themselves to the experiences of adventure and the natural environment

**Golden Empire Council, BSA**  
***High Adventure Team***  
**2010 Course and Seminar Schedules**

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**OKPIK - Cold Weather Camping Awareness**

Indoor Seminar	December 4 - 5, 2009
Outdoor Practical	January 23 - 24, 2010

**Basic Backpacking Awareness (BBA)**

Indoor Session	February 26 - 28, 2010
Workshop #1 <u>and</u> Out door Practical #1	March 9, 2010 (Evening Meeting)
	March 26 - 28, 2010

**Applied Trek Planning (ATP) -- A Supplement to the BBA**

Planning (indoor) Meeting	TBA
The Trek	TBA

**Paddle Sport Awareness**

Indoor Organizational Meeting	May 6, 2010 (Evening Meeting)
Outdoor Practical	May 22 - 23, 2010
Indoor Wrap-up Meeting	May 27, 2010 (Evening Meeting)

**Climbing Awareness**

Outdoor Session	TBA
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**Wilderness First Aid**

Weekend Session	March 6 - 7, 2010
Weekend Session	April 3 - 4, 2010

**Registration Forms :** Golden Empire Council, BSA  
P.O. Box 13558 Sacramento, CA 95853-3558  
(916) 929-1417 FAX (916) 929-4461  
□ [www.gec-bsa.org](http://www.gec-bsa.org)

Golden Empire Council, BSA  
**High Adventure Team**  
**2010 Course and Seminar**  
**Particulars**

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<i>Course/Seminar</i>	<i>Cost</i>	<i>Max.# of Participants</i>
<b>Basic Backpacking Awareness (BBA)</b>	Indoor Session, Workshop and Outdoor Practical = \$110.00 * (Includes Reference Binder)	60
<b>Applied Trek Planning (ATP)</b>	Indoor and Practical = No Cost (Related costs of <b>trek</b> by participant)	15
<b>OKPIK - Cold Weather Camping Awareness</b>	Indoor Session and Outdoor Practical = \$70.00 * (Includes Reference Binder)	50
<b>Paddle Sport Awareness</b>	Indoor & Outdoor Practical = \$70.00 * (Includes Reference Binder)	30
<b>Climbing awareness</b>		
<b>Wilderness First Aid</b>	Indoor Session = \$120.00 *	24

\* Costs to be confirmed at date of Course/Seminar brochure mailing.

All courses and seminars are open to BSA registered Adult and Scouting Youth Leaders. Youth must be a minimum of 15 years of age and accompanied by an *attending* adult with a parent permission slip for the youth.

- Attendance is limited to a maximum of 3 Adults and 2 Youth from any unit.
- All participants must have a current BSA Class 3 Medical Form.
- All participants must complete a Release of Liability and Assumption of Risk form provided by the HAT Course Staff.
- All participant travel must be covered by a current BSA Tour Permit.

## High Adventure

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### High Adventure is:

- A challenging experience,
- An experience other than a routine event,
- An activity requiring special preparation and training,
- An activity performed with knowledge and skills beyond average requirements, and
- An activity that is not normally accomplished in man-made structures or in stationary facilities.

### Types of High Adventure Treks and Outings:

- Backpacking
- Canoeing
- White water kayaking
- Sea kayaking
- White water rafting
- Horse back riding and packing
- Winter camping (snow camping)
- Cross-country skiing
- Snow shoeing
- Rock climbing and rappelling
- Mountaineering and technical climbing
- Caving (spelunking)
- Snorkeling
- SCUBA diving
- Wilderness search and rescue
- Mountain biking

### Examples of High Adventure Treks and Outings:

- Backpacking trek of 16 map miles or longer and a duration longer than 2 days
- All paddle sport treks (canoeing, rafting & kayaking)
- All snow camping away from a trail head base camp
- All rock climbing, mountaineering, technical climbing and rappelling
- All caving
- All snorkeling and SCUBA diving
- All mountain biking

Golden Empire Council, BSA  
*High Adventure Team*  
**Course Syllabus**

**OKPIK - Cold Weather Camping Awareness**

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- **INTRODUCTION TO COLD WEATHER CAMPING**
- **WINTER TRAVEL**
  - ✓ Vehicle Readiness & Driving Tactics
  - ✓ Trail Travel In The Snow
  - ✓ Snowshoes
  - ✓ Cross Country Skis
  - ✓ Packs
  - ✓ Sleds
  - ✓ Weather
  - ✓ Avalanches
- **WINTER CAMP LIVING**
  - ✓ Sanitation and Etiquette
  - ✓ Fires
- **NAVIGATION IN THE WINTER**
- **PERSONAL GEAR**
  - ✓ Clothing, Layering & Footwear
  - ✓ Sleep Gear
- **GROUP EQUIPMENT**
  - ✓ Stoves, Fuel, & Cooking Gear
  - ✓ Tents and Tarps
  - ✓ Igloo
  - ✓ Quinzee or Snow Dome
  - ✓ Snow Cave
  - ✓ Snow Trench or Snow Pit
  - ✓ Emergency Snow Shelter
- **HOME MADE EQUIPMENT**
- **FOOD, WATER, COOKING, AND CLEAN-UP**
- **COLD WEATHER MEDICINE**
  - ✓ Your Body and the Cold - Biophysiology
  - ✓ Snow Blindness,
  - ✓ Frost Nip and Frostbite
  - ✓ Hypothermia
- **WHERE TO TREK & AWARDS**

Golden Empire Council, BSA  
*High Adventure Team*  
**Course Syllabus**

**Wilderness First Aid**

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The intention of the Wilderness First Aid Course is to give you skills so that you can handle a wilderness first aid situation safely and provide good patient care.

- **INTRODUCTION TO WILDERNESS FIRST AID**
- **PREPARATORY**
- **PATIENT ASSESSMENT SYSTEM AND BASIC LIFE SUPPORT**
- **TRAUMATIC INJURIES**
- **ENVIRONMENTAL EMERGENCIES**
- **MEDICAL EMERGENCIES**
- **LEADERSHIP AND EVACUATION**
- **URBAN PROTOCOLS**

Golden Empire Council, BSA  
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**Course Syllabus**

**Rock Climbing & Repelling Awareness**

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The Climbing Awareness seminar is a Outdoor Awareness Clinic to develop the practical aspects of rock climbing and repelling and its execution through hands on experience. The course is a two day outdoor experience. You will be in the class room and out on the rocks.

- **Developing the Group**
- **Choosing A Route**
- **Group Gear**
- **Personal Gear**
- **Leadership**
- **Places To Go**

Golden Empire Council, BSA  
*High Adventure Team*  
**Course Syllabus**

**Basic Backpacking Awareness (BBA)**

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- **TREK PLANNING**
  - ✓ Plan and Organize
  - ✓ Trek Leadership
- **PERSONAL GEAR**
  - ✓ Clothing and Boots
  - ✓ Backpacks
  - ✓ Sleeping Bags and Pads
- **GROUP EQUIPMENT**
  - ✓ Tents
  - ✓ Stove and Fuel Safety
  - ✓ Stoves & Cooking Gear
  - ✓ Water Treatment
  - ✓ Equipment Repair Kit
- **FOOD**
  - ✓ Planning, Purchasing, Packaging, Preparation, & Polishing Off
- **WILDERNESS NAVIGATION**
  - ✓ Compass
  - ✓ Maps
  - ✓ Hands-on Navigation
- **WILDERNESS SAFETY**
  - ✓ Weather and Lightning
  - ✓ Lost and Evacuation
  - ✓ Stream Crossings
  - ✓ Wildfires
- **WILDERNESS MEDICINE**
  - ✓ Health, Safety, and Prevention
  - ✓ Wilderness Emergencies
  - ✓ Hypothermia & Hyperthermia
- **BACK COUNTRY LIVING**
  - ✓ Back Country Living
  - ✓ No Trace Camping
  - ✓ Wilderness Photography
  - ✓ Trail Customs & Courtesies
  - ✓ Conservation
  - ✓ Scouts Own
  - ✓ Back Country Travel

■ WHERE TO TREK & AWARDS

Golden Empire Council, BSA  
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**Course Syllabus**

**Applied Trek Planning (ATP)**

The Basic Backpacking Awareness Course  
is a Prerequisite to this Seminar

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The Applied Trek Planning seminar is an Outdoor Awareness Clinic to develop the practical aspects of backpacking planning and its execution through hands-on experience. The course consists of a 6 hour indoor planning meeting followed by a Friday evening to Sunday afternoon 12 mile backpacking trek in the Sierras. This 2 day trek exemplifies the 3rd and 4th days of a 50-miler.

The seminar is designed to provide confidence and a hands-on foundation of knowledge for the Scouter and older Scout leader that will lead their Unit in high adventure backpacking treks. The HAT staff will be in attendance on the trek, however the participants will provide the leadership and planning.

The subjects discussed and applied during the indoor session and trek include:

- **Developing the Group**
- **Group Dynamics**
- **Leadership**
- **Choosing the Route**
- **Trek Profiling**
- **Adding Activities**
- **Transportation**
- **Reservations**
- **Permits**
- **Menu Planning**
- **Gear Coordination**
- **Execution**

Golden Empire Council, BSA  
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**Course Syllabus**

**Paddle Sport Awareness - Tandem Canoeing**

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- **B.S.A. TREK PLANNING and ORGANIZATION**
- **TYPES OF PADDLING**
  - ✓ Flatwater
  - ✓ Moving Water
  - ✓ White water
- **EQUIPMENT**
  - ✓ Clothing and Gear
  - ✓ Boats -- Parts and Design
  - ✓ Paddles -- Parts and Design
  - ✓ Accessory Equipment
  - ✓ First Aid and Rescue Gear
- **SAFETY**
  - ✓ Stretching and Warm-ups
  - ✓ Basic Safety Considerations
  - ✓ Basic Water Hazards
  - ✓ Rescue Principles and Types
  - ✓ Immersion Hypothermia
- **ORIENTING the PADDLER**
  - ✓ Balance and Trim
  - ✓ Basic Stances
  - ✓ Entries and Exits
- **PADDLING STROKES and TECHNIQUE**
  - ✓ Types and Parts of the Strokes
- **MANEUVERS**
  - ✓ Spins
  - ✓ Forward Straight
  - ✓ Reverse Straight
  - ✓ Turns
  - ✓ Braces
  - ✓ Eddy Turns
  - ✓ Peelouts
  - ✓ Ferries
  - ✓ Sideslips
  - ✓ Overboard & Capsized
- **RIVER READING and RUNNING**
  - ✓ Fundamentals of River Currents
  - ✓ Effects of Obstacles
  - ✓ International Scale of River Difficulty
  - ✓ River Reading Responsibilities
  - ✓ Running the River