



2012 Instructional Course Offerings

Hike Ontario- Certified Hike Leader:

Dates: Date – TBA **October 2012**

Cost: \$35 members, \$65 non-members

Certified Hike Leader is aimed at group hike leaders who want to develop leadership skills for leading day hikes from 5 to 20km along blazed hiking trails in Ontario. Topics include: group dynamics, hike planning, risk avoidance, leadership and trail etiquette. This course includes a certification from Hike Ontario, our province's community hiking organization. Course includes Hike Ontario manual.

Managing Risk in Outdoor Recreation Programs:

Dates: **March 3, 2011– 9am-12:30pm; DBAC WB111**

Cost: \$25 members, \$55 non-members

This workshop is designed to help trip leaders recognize, assess, manage, and avoid situations of potential risk in remote settings. Topics include risk management theory, key concepts and methods of pro-active and reactive risk management, case studies, legal responsibilities of trip leaders including liability and trip planning

Outdoor Leadership and Group Dynamics:

Dates: **March 3, 2012– 1:00-5:00pm; DBAC WB111**

Cost: \$25 members, \$55 non-members

This workshop is designed to teach group leaders the importance of establishing and maintaining a healthy group atmosphere, techniques for establishing clear goals and expectations within a trip group, and the subtleties of group dynamics. Topics include: leadership styles, team-building skills, peer leadership, and conflict resolution. This workshop is essential for anyone who leads groups in the wilderness or other adventurous settings.

Wilderness Advanced First Aid - Wilderness Medical Associates:

Dates: **May 3 - 6, 2012 – 8:30am-6pm - DBAC WB113**

Cost: \$395 members, \$465 non-members

This 36-hour course prepares you for emergency situations in remote, wilderness settings. It is a complete introduction to wilderness medicine and the following medical protocols: ana-kit and epipen injections, wound management, and modified CPR protocol. It is designed for people who work and travel in less remote areas and assistant leaders on back-country trips. You do not require previous First Aid training to take this course.

Team Development Facilitator:

Dates: **March 10 and 11, 2012 - 9am-7pm each day; DBAC WB111**

Cost: \$50 members, \$125 non-members

This 2-day workshop teaches participants to apply their leadership skills to low ropes initiatives and McMaster University's Team Development Course. Participants learn how to safely and effectively lead low ropes course activities. They will then be introduced to the technical and programmatic aspects of leading and supervising low ropes activities; will practice efficient presentation skills; debriefing methods and theory; and will learn about the industry's popular Adventure Facilitation Learning Model.

Wilderness Survival and Emergency Preparation

Dates: **May 15, 22 evenings – May 26 and 2y weekend trip**

Cost: Member \$169.00 Non-member \$199.00

This introduction to survival skills and preparedness is a great introduction to survival skills for persons and outdoor leads/camp staffs, who ventures into the great outdoors. Topics: Trip planning and notification, survival and safety kits, proper gear/clothing/footwear, map and compass basics, the "what if?" priority survival skills (shelter construction, fire building with/without matches). Taught by David Arama (trainer of TV's Survivorman).

ORCKA Tripping I and 2 certification

Dates: **October 2012**

Cost: TBA

Intro to Wilderness First Aid

Dates: **November 2012 – dates TBA**

For more information contact: terryber@mcmaster.ca or call 905-525-9140 ext 24464 or 26384

Registration information can be found at:

<http://www.athrec.mcmaster.ca/registration/index.htm>