# 4-H Outdoor Adventure Challenge Training Manual Contents

# Orientation

- OAC Instructor List
- 4-H Outdoor Adventure Challenge (OAC) Orientation Schedule
- Program Goals
- Program Policies
- Safety First!
- Risk Management
- How to Organize a Michigan 4-H Outdoor Adventure Challenge Club
- Sample Letter to Prospective 4-H Outdoor Adventure Challenge Members and Their Parents
- 4-H Outdoor Adventure Challenge Leader Renewal Process

# Forms

- Code of Conduct and Training Expectations
- Leader Certification Record and Health Statement
- Media Release/Medical Treatment Authorization
- Personal Data Sheet
- Trip Notification Form
- Leader Group Outing Preparation Checklist
- Trip Consent Form
- Instructor Evaluation Form
- Incident Report Form (Injury/Property Damage Report for Non-MSU Employees)

# **Gear Lists**

- Items Needed for every Session
- Backpack Specific
- Canoe Specific
- Caving Specific
- Kayaking Specific
- Rock Climbing & Rappelling Specific
- Winter Camping Specific

# Trip Plan

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- Planning a 4-H Outdoor Adventure Challenge Trip
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  - o Transportation Issues
  - Budgeting and Financing the Trip
  - o Before Leaving
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- 4-H Outdoor Adventure Challenge Trip Plan Outline

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- Processing—Shadow Leadership
- Processing Questions
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# Leave No Trace and Wilderness Skills

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- Getting Started
- Choosing a Pack
- Loading Your Pack

### Canoeing

- Paddling Pointers For Both Flat-Water and Swift-Water Canoeing
- Strokes

#### Caving

- General Information for the Caving Weekend
- Potential Hazards and Cave Safety

### Kayaking

- Coastal Kayak Basic Strokes & Rescues
- Coastal Kayak Day Trip Leading Course
  Outline

### **Rock Climbing & Rappelling**

- General Rules and Etiquette
- Leave No Trace and Rock Climbing
- Setting Top Ropes and Rappels
- Definitions
- Climb Ratings

### Winter Camping

- Equipment for the Weekend
- Tenting in Snow Quick Points
- Building a Winter Fire
- Tips for Winter Campers

# **Instructor Requirements**

- 4-H Outdoor Adventure Challenge Instructor Certification
- 4-H Outdoor Adventure Challenge Instructor Training Application
- 4-H Outdoor Adventure Challenge Instructor Certification Record and Health Statement

### **Group Activities**

- Stretch & Warm Up Activities
- Drama Games
- Diminishing Resources
- Warp Speed
- Human Pinball
- Blind Fetch
- Hoops and Circles
- Wind in the Willows

### **Books & Web Site Resources**

- Helpful Books
- Helpful Web Sites

# About the 4-H Outdoor Adventure Challenge Training Manual

The 4-H Outdoor Adventure Challenge (OAC) Training Manual is the core training curriculum for 4-H volunteers being trained and certified as Michigan 4-H Outdoor Adventure Challenge leaders to work with 4-H clubs interested in OAC programming and activities. This version of the 4-H Outdoor Adventure Challenge Training Manual was created in 2011 by current 4-H Outdoor Adventure Challenge Trainers, State 4-H Outdoor Adventure Challenge Coordinator Jim Harper, and State 4-H Program Leader Judy Ratkos. Special thanks go to Lindsey LaForte and Theresa Whitenight for their revision efforts.

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