

4-H Outdoor Adventure Challenge Leader Training Requirements

The 4-H Outdoor Adventure Challenge (OAC) Leader Training has been restructured so trainees no longer have to complete a minimum of five different trainings before they begin to work with a 4-H club! The new structure involves three different levels. New trainees will be able to start doing 4-H Outdoor Adventure Challenge activities with 4-H'ers as soon they meet the requirements of each individual training segment. At each level of training, an appropriate amount of time will be given to working on soft skills (i.e., judgment, risk management, group dynamics, communication) as well as the technical content skills.

The 4-H OAC training received thus far by trainees who enrolled in prior years will soon be reviewed and correlated against the new training levels. Each trainee and their county MSU Extension 4-H staff will receive information regarding their current training level in the new level system by mid-April so they can operate as 4-H OAC leaders at the level they've already achieved.

Fees:

There is a \$50 fee for each training, up to a maximum of \$300 for each trainee

Level 1 – Orientation

Trainees receive an overview of all that 4-H OAC offers; learn day hike preparation, and how to complete an activity plan.

Entry requirements:

- enrolled as a county 4-H leader
- completed 4-H OAC leader application
- paid \$50 fee to attend Orientation

Upon successful completion of level 1 training, a trainee can take youth on day hikes only (no water activities) if they also have CPR & Standard First Aid certification (CPR & First Aid certification are needed at all 4-H OAC levels.)

Level 2 – Separate training is offered for each of the four content areas listed below. Trainees can become level 2 4-H OAC certified in one or more of the level 2 content areas. Level 2 is NOT a pre-requisite to Level 3.

- Flat-Water Canoeing
- Kayaking
- Winter Camping
- Backpacking (This training includes an overnight solo experience to ensure competence before taking youth overnight in this content area.)

Additional requirements:

Trainees must also meet the requirement of an approved trip plan – either one plan for a trip of 3 or more days or two weekend trip plans.

There must be at least one 4-H Outdoor Adventure Challenge leader on all overnight trips that has completed a minimum of a 2-day wilderness first aid training (WFA or higher) from a wilderness medical training organization including, but not limited to, Stoneheart Open Learning Opportunities (SOLO), Wilderness Medical Associates (WMA), Wilderness Medical Institute of NOLS (WMA), or the Wilderness Medicine Training Center (WMTC). Newly trained level 2 4-H OAC leaders are urged to join up with another club for their first club outing, but this is not required.

Level 3 – Separate training is offered for each of the three content areas listed below. Trainees can become level 3 4-H OAC certified in one or more of the level 3 content areas. Level 2 is NOT a pre-requisite to Level 3.

- Swift-Water Canoeing
- Caving
- Rock Climbing (This training includes an overnight solo experience to ensure competence before taking youth overnight in this content area.)

Completion of level 3 training is a two-step process:

1) Training will be held in conjunction with an instructor's club outing so trainee can **observe** how to work with youth in this content area. Trainees cannot bring their own club members or family along (unless they too are attending as trainees). Enough instructors will be present to ensure that there is a focus on the trainees to become proficient and competent.

2) Training will be held in conjunction with an instructor's club outing. Trainees may bring a small number of club members if they receive prior approval from the lead instructor to do so. Trainees **practice leading** youth in this content area.

Additional requirements:

Trainees must also meet the requirement of an approved trip plan – either one plan for a trip of 3 or more days or two weekend trip plans. (An approved trip plan from completed Level 2 training satisfies this requirement.)

There must be at least one 4-H Outdoor Adventure Challenge leader on all overnight trips that has completed a minimum of a 2-day wilderness first aid training (WFA or higher) from a wilderness medical training organization including, but not limited to, Stoneheart Open Learning Opportunities (SOLO), Wilderness Medical Associates (WMA), Wilderness Medical Institute of NOLS (WMA), or the Wilderness Medicine Training Center (WMTC).

Requirements of all 4-H OAC leaders after they've achieved any level of 4-H OAC certification:

- CPR and First Aid training must always be up to date and a copy of each certification card on file at the 4-H OAC leader's county MSU Extension office.
 - Standard First Aid is required for Level 1
 - Levels 2 & 3 require that someone on each overnight trip must also have Wilderness First Aid.
 - Provide a trip plan to your county MSU Extension 4-H staff before each trip.
 - Utilize your 4-H OAC Training Manual for guidance. (4-H OAC Leaders are also encouraged to continue to network with other 4-H OAC leaders.)