



# GGAC HIGH ADVENTURE TRAINING

## Courses for 2024-2025



### **Basic Backpacking Awareness** - CD Filberto de Cal

- May 18-19, 2024      Camp Herms



This course covers the skills and knowledge for planning and leading a safe and enjoyable backpacking trek. Course topics include trek planning, leadership and risk management, wilderness first aid, evacuation, food planning and preparation, nutrition, wilderness navigation, feminine hygiene on the trail, Leave No Trace camping, equipment, stoves & fuels, and weather. The course consists of 3 modules: a Zoom prep meeting to align all attendees on expectations, agenda, logistics, and gear; a full weekend experience at Camp Herms on May 18-19, 2024; an optional Backpacking Adventure with some of the faculty member in the Yosemite wilderness in the June/July time frame. Contact course director Filberto de Cal for any questions at: [Filberto de Cal <fil.decal@gmail.com>](mailto:Filberto.de.Cal@fil.decal@gmail.com)

### **Okpik Snow Camping Awareness** - CD Keith Gale

- Feb 7 & 14, 2024      Indoor Session – GGAC Pleasanton office
- Mar 2-3, 2024      Snow Camping Outdoor - Silver Lake, Carson Pass (weather dependent)



This course covers the skills and knowledge for planning and leading a safe and enjoyable snow camping trip. If you have never hiked or camped in the snow, then this is the course for you. Some of the items that will be discussed are planning, transportation, weather, clothing, food, shelter, and medical issues. The course consists of two sessions. The indoor session is held at the GGAC office in Pleasanton and the outdoor session at Carson Pass (Elevation 8650 ft). The outdoor session is practical experience and includes traveling with your gear over the snow. Contact the course director Keith Gale for any questions at: [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com)

### **Outdoor Ethics & Leave No Trace (LNT)** – CD Lilli Remer

- May 18-19, 2024      Camp Herms
- October 12-13, 2024      Rancho Los Mochos



This course syllabus is a collaborative effort of the BSA and the Leave No Trace (LNT) Center for Outdoor Ethics. BSA Leave No Trace Trainer courses are a minimum of 16 hours long, and they cover:

- All the required elements of the Leave No Trace Center for Outdoor Ethics Trainer course.
- Additional topics on application of Leave No Trace to the BSA program.

This course includes in depth instruction on Outdoor Ethics principles and overnight camping that is required for completion of the course. Contact the course director Lilli Remer for any questions at: [remer@astound.net](mailto:remer@astound.net)

### **Climbing Awareness** – CD Mark Hovermale

- Dates scheduled by appointment for 2024
- Indoor Introduction - Alameda Office, 1714 Everett St, Alameda, 94501
  - 8 AM to 1 PM – Safety, basic knots, anchor building, etc.
  - 2 PM – 5 PM Iron Works in Berkeley –climbing and belaying techniques
- Outdoor Session; as scheduled - Boy Scout Rocks Mt. Diablo climbing and rappelling (8 hours)
- Certification as requested – opportunity for level one course certification at the unit level



This is an introduction for the adult Scouter and senior scouts to the BSA climbing program and to the skills and top roping techniques required to take a Scout unit climbing. The opportunities and requirements for being trained as a BSA qualified climbing instructor will be discussed. This program consists of one morning of classroom training followed by climbing and belaying at a local indoor climbing gym. There will be one day on the rocks. Contact Mark Hovermale for your unit to schedule a training date: [MarkHovermale@Comcast.net](mailto:MarkHovermale@Comcast.net) cell 510-846-2370

## **Paddle Sports** – CD Keith Gale

- May 8, 2024 Indoor - Pleasanton office conference room
- Jun 1-2, 2024 Paddle sports Awareness Outdoor – Lake Latoma; American River
- Jun 5, 2024 Paddle sports follow-up - Pleasanton office conference room



This course covers the skills and knowledge for planning and leading a safe and enjoyable canoe trip. Course topics include canoe handling, packing to stay dry, wet weather fires, trip planning, group organization, and gear. Canoes & equipment for the outdoor sessions will be provided. **YOU MUST BRING PROOF OF CURRENT COMPLETION of SAFE SWIM DEFENSE, SAFETY AFLOAT, and BSA Basic Swim Test** to the indoor session. You must attend all sessions to complete the course. Contact Keith Gale with any questions at: [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com)

## **Wilderness and Remote First Aid** - CD Steve Von Ehrenkrook

- 2024: Mar16-17; Apr 20-21; May 25-26; Sep 10-11; Oct 28-29 - All locations at Camp Herms Lodge/lower field – Class times: 7:00 am – 4:00 pm both Saturday and Sunday.



There is a mandatory online prep course(s) that must be completed before class.

This course is a practical course with an emphasis on making good decisions by staying calm and safe, doing good patient assessment, establishing efficient communication channels, and providing proper leadership to the group. This 16-hour class will give the students ample time to practice their first aid and leadership skills in an outdoor setting. This class will focus on practicing skills and covering patient assessment, shock and bleeding, head and spinal injuries, wounds, musculoskeletal injuries, heat and cold illnesses, and much more. The course will provide outdoor scenarios to practice and refresh first aid skills. This course and Philmont certificate are required for adult leaders attending Philmont and other high adventure bases. It is recommended, but not required, that students taking this class take an Adult CPR prior to attending this course. Contact Steve Von Ehrenkrook for any questions at: [steve@cjsassociates.com](mailto:steve@cjsassociates.com)

## **How to go to a National High Adventure Camp** – CD Steve Rodriggs

- LEAD Course; Virtual meeting available upon request

High Adventure trips are often the highlight of a Scout's life. What opportunities for high-adventure experiences are available to older Scouts and Venturers in your unit? This LEAD course is designed to acquaint volunteers and older youth with the wide spectrum of National High Adventure camp experiences available to qualified older youth in Scouts BSA troops and Venturing crews. Climbing mountains in New Mexico or SCUBA diving in Florida are just the beginning. Through proper planning, your Scouts BSA troop, Explorers, and Venturers can safely carry out high adventure treks using Leave No Trace techniques. Contact Steve Rodriggs for any questions at: [steve.rodriggs@lmco.com](mailto:steve.rodriggs@lmco.com)

## ***Future courses to be added to the HAT training curriculum:***

### **Cycling Awareness**

This course covers the skills and techniques for planning and leading a safe and enjoyable cycling trip of greater than 8 hours. The course will focus on cycling fundamentals, cycling safety practices, conditioning, nutrition, attire, bike check-ups, basic maintenance, and repair. Training leaders wanted!

### **Trail Cooking**

Having trouble planning the menu for your high adventure trip? Ever wondered what your options were for enjoyable and tasty meals while on the trail? This is the class for you. We'll walk you through nutrition, menu planning, stoves, pots, pans, and utensils. Then give you an opportunity to prepare and taste sample trail meals. You'll come away with sample menus, techniques, and fresh ideas. Training leaders wanted!

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Steve Rodriggs  
GGAC HAT Program Director