The Outdoor Leadership Course (OLC) is a semester-long experiential learning course offered to 10 UF students seeking to improve their leadership and interpersonal skills in the unique and challenging environment of the outdoors. Students accepted to participate in the OLC will get the opportunity to become confident, competent, and passionate outdoor leaders by learning the technical 'hard' skills (knots, orienteering/navigation, water filtration, wilderness medicine, outdoor cooking/meal prep, canoeing, fire starting, backpacking) and interpersonal 'soft' skills (group games, assessing group dynamics, risk management, difficult conversations, participant communication, etc) necessary to become an outdoor leader. Upon the completion of the course, OLC students will be offered the opportunity to apply for the position of 'Assistant Guide' for the UF TRiP program.

The Outdoor Leadership Course strives to facilitate the growth and development of confident, competent, and passionate outdoor leaders through hands-on experiential learning, a comprehensive review of outdoor skills, and by providing an environment that fosters constructive feedback and a culture of excellence.

Class is held every Tuesday from 1:00PM to 4:00PM. Meeting location is the Center for Outdoor Recreation and Education Building. Address: 1440 Bledsoe Dr. Gainesville Fl, 32611

The included out-of-class trainings are required and funded by course fees.

1. Spring Break (March 4th - March 12th) - Week-long Immersive Training
2. March 31st - April 1st - Coastal Sea Kayaking Training
3. April 29th - May 1st - 'High Adventure" Training

Student’s technical and leadership skills will be evaluated periodically through in-class practicals, quizzes, and tests. A Mastery Criteria sheets will be provided early in the semester for students to help prepare for future skills check-offs.

Upon the completion of the course, all OLC student will have the to opportunity to apply for the position of an ‘Assistant Trip Leader’ through UF CORE. Hiring is highly dependent on the student’s performance during the OLC.

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Wilderness First Aid (WFA)

This 16-hour, 2-day entry-level course is the ideal certification for outdoor enthusiasts looking for basic first aid training and backcountry medical skills. Wilderness First Aid (WFA) covers topics ranging from preparation and prevention to assessment and treatment. Students will have an opportunity to learn practical skills through hands-on scenarios as well as in a traditional classroom setting.

Wilderness First Aid (WFA) is a 2-year certification. Taking a WFA course can also rectify a soon-to-expire Advanced Wilderness First Aid (AWFA) or Wilderness First Responder (WFR) certification.

**Topics covered:**
- Anatomy of a Wilderness Crisis
- Anatomy of the Musculoskeletal System
- Asthma
- Backcountry Essentials
- Cold-Related Injuries
- Environmental Emergencies & Survival Skills (including lightning)
- Heat-Related Injuries
- Medical Emergencies & Critical Care
- Orthopedics
- Patient Assessment System
- Patient Lifting & Moving
- Principles of Fracture Care
- Rescue Plan
- Response & Assessment
- Soft Tissue Injuries & Medical Emergencies
- Spinal Cord Injury Management
- Sprains & Strains
- Techniques
- The Human Animal
- Trauma-Musculoskeletal Injuries
- Trauma-Soft Tissue Injuries
- Universal Precautions
- Use of Epinephrine

**Immersion: Backpacking Training**

“Immersion” is a week-long immersive backpacking training held in a remote backcountry setting. Students will have the opportunity to apply all technical and leadership skills learned thus far in a true outdoor leadership environment.

**Topics Covered:**
- Knots and rope work
- Bear Safety
- Principles of Leave No trace
- Water Purification
- GPS Locator Operation
- Orienteering and Navigation
- Meal preparation
- Shelter assembly
- Risk Management
- Group facilitation and awareness

**Sea Kayaking Training**

Sea Kayaks were invented by people of the high northern latitudes (Alaska, Canada, Greenland) almost 4,000 years ago! Originally made of seal hides, their primary purpose was for fishing and hunting sea mammals such as seals, walrus and even whales. Why? One word….STEALTH. These incredibly seaworthy, human-powered vessels are now used mainly recreation and come in multiple shapes, sizes and materials. During this training, you will learn the basics of sea kayak stokes, maneuvers and rescues, as well as boat and paddle design and an introduction to navigation.

**Topics Covered:**
Strokes:
- Forward
- Reverse Sweep (reverse and forward)
- Pivot Turn
- Draw
- Sculling Draw
- Rudder
- Low Brace

Maneuvers:
- Spin: boat pivots in place
- Abeam: boat moves sideways without headway
- Forward: boat goes forward in a reasonably straight line
- Stopping: boat stops within a reasonable distance

**Rescues and Safety:**
- Wet exit
- T-rescue
- Cowboy rescue & bilge
- Paddle float rescue
- Safely load and tie down 10 kayaks to kayak trailer.
- Make safety calls as it relates to wind, tides and current.
Out-of-Class Training Information

High-Adventure Training

This extended weekend will introduce (or reintroduce) the students to two of outdoor recreation’s most extreme activities; rock climbing and white water boating.
<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Detailed Description</th>
<th>Brief Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 10</td>
<td>1</td>
<td>Course Introduction, Syllabus Discussion, Icebreakers, Inspiration.</td>
<td>Course Introduction</td>
</tr>
<tr>
<td>January 17</td>
<td>2</td>
<td>Rope Work, Knots (Bowline, Double Fisherman’s, Figure Eight, etc.) and their best uses. Practice.</td>
<td>Knots</td>
</tr>
<tr>
<td>January 24</td>
<td>3</td>
<td>Orienteering and Navigation in the backcountry. Compass use, map reading, and route planning.</td>
<td>Orienteering and Navigation</td>
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<tr>
<td>January 31</td>
<td>4</td>
<td>Shelters in the backcountry. Tent assembly, tarp shelters (A frame, kelty, etc).</td>
<td>Shelter</td>
</tr>
<tr>
<td>February 7</td>
<td>5</td>
<td>Backcountry meal preparation: Stove operation, meal planning, food storage, and Leave No Trace.</td>
<td>Food</td>
</tr>
<tr>
<td>February 14</td>
<td>6</td>
<td>Water purification methods (gravity filter, pumps, iodine/chlorine, UV, etc.).</td>
<td>Water</td>
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<tr>
<td>February 21</td>
<td>7</td>
<td>TBD</td>
<td>Skills check-off ONE</td>
</tr>
<tr>
<td>February 28</td>
<td>8</td>
<td>Expedition Behavior, Group Theory, and group facilitation. Immersion “Shakedown”</td>
<td>Group Dynamics</td>
</tr>
<tr>
<td>March 4 – 12</td>
<td>9</td>
<td>March 4-5: SOLO Wilderness First Aid Training. March 6-12: Immersive backpacking training and application of to-date skill set.</td>
<td>WFA + Immersion</td>
</tr>
<tr>
<td>March 14</td>
<td>10</td>
<td>Immersion debrief and learning outcomes.</td>
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<tr>
<td>March 21</td>
<td>11</td>
<td>Canoeing Skills: Lake Wauburg.</td>
<td>Canoeing</td>
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<tr>
<td>March 28</td>
<td>12</td>
<td>Sea Kayak Intro: Lake Wauburg.</td>
<td>Intro to Sea Kayaking</td>
</tr>
<tr>
<td>April 4</td>
<td>13</td>
<td></td>
<td>Skills check off TWO</td>
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<tr>
<td>April 11</td>
<td>14</td>
<td>Climbing at Sun Country/</td>
<td>Rock Climbing</td>
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<tr>
<td>April 18</td>
<td>15</td>
<td>Possible teaching day</td>
<td></td>
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<tr>
<td>April</td>
<td>16</td>
<td>Possible teaching day</td>
<td></td>
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