

# The High Adventure Team is offering 9 courses in 2017.



BSA defines High Adventure in many ways. Essentially, any activity designed for older youths that involves adventure challenges or wilderness experience (afloat or afoot), or may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

## HAT Core & Basic Backpacking Awareness

Requires Annual Health and Medical Record A/B/C

This course provides the foundation for all other HAT courses. Basic Backpacking Awareness is now combined with HAT Core. This awareness course covers skills and techniques for planning and leading backpacking treks. It is open to all registered Scouting adults who have completed Introduction to Outdoor Leader Skills and the Position Specific Training for Scoutmaster or Assistant Scoutmaster. Course topics include: **Backpack Trek Planning, Gear, Food for the Backpacker, Wilderness Safety, Wilderness Emergencies, Back-country Living and Where to Trek.** The highlight of the Core/BBA combined course is a hands-on outdoor experience. Course Director Tim Hessong [timothy.hessong@gmail.com](mailto:timothy.hessong@gmail.com)

The cost is \$165 and limited to the first 30 who sign up.

Session 1: HAT Core January 20-22, 2017 (Camp Herms) Session 2: HAT Core September 22-24, 2017 (Camp Herms)

## Cold Weather Camping Awareness – Okpik

Requires HAT Core, Annual Health and Medical Record A/B/C

This awareness course covers skills and techniques for planning and leading cold weather outings. Course topics include: **Equipment, Cold Weather First Aid, Wilderness Safety, Backcountry Living and Where to Trek** as they relate to Cold Weather Awareness. This course is open to all registered Scouting adults who have completed HAT Core. Contact Keith Gale [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

The cost is \$85 and limited to the first 30 who sign up

Indoor Sessions February 1, 2017 AND February 8, 2017 (Council Office) Outdoor Session March 3-4, 2017 (TBA)

## Cold Weather Camping II – Okpik II

Requires HAT Core, Annual Health and Medical Record A/B/C

Moving beyond the initial awareness course, this course provides a backcountry experience and covers the planning and safety aspects of the “Cold Weather” activity in more depth. This course is open to all registered Scouting adults who have completed HAT Core and Cold Weather Awareness (above). Contact Keith Gale [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

The cost is \$70 and limited to the first 8 who sign up

Indoor Session March 8, 2017 (Council Office)

Outdoor Session

March 25-26, 2017

(TBA)

## Cycling Awareness

Requires HAT Core, Annual Health and Medical Record A/B/C

This awareness course covers skills and techniques for planning and leading a successful Cycling outing. Course topics include: **Tour Planning, Personal & Team Equipment, Food & Nutrition, Navigation, Safety, First Aid, Life on the Road/Trail** and includes an outdoor practical/outing. This course is open to all registered Scouting adults who have completed HAT Core, can demonstrate knowledge outlined in the Cycling merit badge and whose bike will pass a safety inspection. Contact Steve Krome [drstvk@aol.com](mailto:drstvk@aol.com) or (925) 548-5990.

The cost is \$65 and limited to the first 20 who sign up

Orientation April 27, 2017 (Council Office) Indoor & Outdoor Session May 6, 2017 (Council Office)

## Canoeing Awareness & Paddle Craft Safety

Requires HAT Core, Annual Health and Medical Record A/B/C

Canoeing Awareness is combined with the BSA Paddle Craft Safety Program. This course covers skills and techniques for planning and leading a successful paddling outing. Course topics include: **Planning & Leadership, Types of Paddling, Equipment, Safety, Orienting the Paddler, Paddling Strokes & Techniques, Maneuvers, River Reading and Running as they relate to Paddle Sports Awareness.** This course is open to all registered Scouting adults who have completed the HAT Core course, have a current certification in Safe Swim Defense and Safety Afloat, and can pass the swimming test. **YOU MUST BRING PROOF OF CURRENT COMPLETION IN BOTH SAFE SWIM DEFENSE AND SAFETY AFLOAT to the Course.** Contact Keith Gale [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

The cost is \$125 and limited to the first 16 who sign up.

Indoor Session 1 May 10, 2017 (Council Office)

Outdoor Session June 3-4, 2017 (TBA)

Indoor Session 2 June 7, 2017 (Council Office)

Paddle Craft Safety Indoor Session June 15, 2017

(Council Office)

## Sailing Awareness

Requires Annual Health and Medical Record A/B/C

The course is intended to help adult leaders develop situational awareness when onboard a sailboat. **It is not intended to teach the necessary sailing skills that would enable a person to skipper a boat.** This course will be a combination of online learning, lecture and interactive learning. After learning boating safety and basic sailing theory, the highlight of the course will be a one-day San Francisco Bay Cruise. Contact Virginia Luchetti for any questions at [vluchetti@sbcglobal.net](mailto:vluchetti@sbcglobal.net)

**The cost is \$130 and limited to the first 12 who sign up.**

Indoor Session October 24, 2017 (Council Office)

Outdoor Session November 4-5, 2017 (Marina Bay , Richmond)

## Swimming and Water Rescue

Requires Annual Health and Medical Record A/B/C

The MDSC Aquatics Committee offers a course in Swimming and Water Rescue, offering training in Safe Swim Defense and four hours of practical water rescue training. This course is open to all registered Scouting adults who can demonstrate knowledge of the fundamental strokes and can pass the swimming test. Contact Chris Kolm at (925)388-0220 or [cjkolm@hotmail.com](mailto:cjkolm@hotmail.com) for more information.

**The cost is \$35 and limited to the first 16 who sign up.**

Indoor Session May 5, 2017 (Council Office)

Outdoor Session

May 13, 2017 (location TBA)

## Wilderness & Remote First Aid and CPR

Requires CPR/AED certification

(CPR/AED classes available prior to the W&RFA class)

W&RFA is a practical 16 hour course that prepares you to provide advanced first aid in situations when access to medical care is hours to days away. All participants are expected to have already mastered basic first aid skills at the First Aid Merit Badge level. Current CPR/AED certification is a prerequisite or is available through the associated CPR class. Red Cross certification valid for 2 years is awarded to successful participants. Youth participants for W&RFA must be mature 17 year olds. HAT Core is not required for these classes. The March "Recertification Class" is also 16 hours and is faster paced with more scenarios; it is for persons who have already taken W&RFA or those who feel they have equivalent experience (with permission of the instructor). Out-of-council Scouters may not register until 1 month before the class date. For more information please review the W&RFA page on the HAT webpage, or contact Merrill Swiney at [mswiney452@aol.com](mailto:mswiney452@aol.com) or John McBeth at [njmcbeth@yahoo.com](mailto:njmcbeth@yahoo.com).

**The cost is \$75 for W&RFA and \$25 for CPR. Each class is limited to 30.**

CPR & AED	March 3, 2017	(Council Office)
W&RFA <b>Recertification</b>	March 4-5, 2017	(Council Office)
CPR & AED	April 21, 2017	(Council Office)
W&RFA	April 22-23, 2017	(Council Office)
CPR & AED	May 19, 2017	(Council Office)
W&RFA	May 20-21, 2017	(Council Office)
CPR & AED	September 29, 2017	(Council Office)
W&RFA	Sep 30 – Oct 1, 2017	(Council Office)

## High Adventure Course Registration:

<http://www.mdscbsa.org/training>

**All Courses have limited space - First Come, First Served. The registration deadline is 14 days prior to the course (No on-site registration). No Refunds with cancellation of less than 14 days prior to the Course. Registrations after that date subject to a \$20 late fee and are at the discretion of the Course Director. Youth participation is subject to approval by the Course Director on a space available basis. Youth participants must be at least 16 years old, have reached the rank of Star, and can demonstrate the knowledge and skills identified for adult participants. An adult must accompany all youth attendees.**

Questions: HAT Coordinator John Reynolds [reynoldsjfr@netscape.net](mailto:reynoldsjfr@netscape.net) or 925-689-9269