

# The High Adventure Team is offering 7 courses in 2009 & 2010.

Each of the specialized training courses builds from the foundation gained by completion of the "HAT CORE". Completion of the HAT Core course (or having an existing HAT number) is a prerequisite for all other courses. Those attending the specialized training (BBA, Okpik, Paddle Sports, Cycling Awareness, Climbing Instructor Awareness, or Wilderness First Aid) will be expected to have the skills required to attain the merit badges for these activities prior to the course.



## What is High ADVENTURE?

BSA defines High Adventure in many ways. Essentially any activity designed for older boys and girls 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

This course provides the foundation for all other HAT courses. It is open to all registered Scouting adults who have completed the Position Specific Training for a Scout Master or Assistant Scoutmaster (including the Introduction to Outdoor Leaders Skills). It covers the common skills and techniques required for any High Adventure Activity and focuses on the skills and knowledge required for planning and leading a successful, safe and enjoyable backpacking trek. Course topics include: **Planning & Leadership, Basic Equipment, Wilderness Navigation, Food, Wilderness Safety, and Leave No Trace.** A HAT (High Adventure Team) number will be issued to adults upon successful completion of this course. Contact Kim Naylor for any questions [Knaylor@art.com](mailto:Knaylor@art.com) or 925-457-4829

**The cost is \$65 and limited to the first 48 who sign up.**

Course Dates:

January 8-9, 2010 (Camp Herms)

September 10-11, 2010 (Camp Herms)

## Basic Backpacking

This awareness course covers skills and techniques for planning and leading backpacking treks. Course topics include: **Backpack Trek Planning, Gear, Food for the Backpacker, Wilderness Safety, Wilderness Emergencies, Backcountry Living and Where to Trek.** This course is open to all registered Scouting adults who have completed the HAT Core course. **A current "Annual Health and Medical Record" including parts A, B and C is required.** Contact Chris Friedmann for any questions [ccf987@gmail.com](mailto:ccf987@gmail.com) or 209-406-4474

**The cost is \$65 and limited to the first 48 who sign up.**

Course Dates:

Indoor Session September 23, 2009 (Council Office)

Indoor & Outdoor Session October 9-10, 2009 (Camp Herms)

Indoor Session September 22, 2010 (Council Office)

Indoor & Outdoor Session October 8-9, 2010 (Camp Herms)

## Cold Weather Camping Awareness - Okpik

This awareness course covers skills and techniques for planning and leading cold weather outings. Course topics include: **Planning & Leadership, 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 the HAT Core course. **A current "Annual Health and Medical Record" including parts A, B and C is required.** Contact Keith Gale for any questions [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**

I Indoor Session I February 3, 2010 (Council Office)

Indoor Session II February 10, 2010 (Council Office)

Outdoor Session February 27-28, 2010 (TBA)

## Cold Weather Camping II - Okpik II

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 the HAT Core course and Cold Weather Awareness (above). **A current "Annual Health and Medical Record" including parts A, B and C is required.** Contact Keith Gale for any questions [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

**The cost is \$65 and limited to the first 8 who sign up**

Course Dates:

Indoor Session March 3, 2010 (Council Office)

Outdoor Session March 20-21, 2010 (TBA)

## Cycling Awareness

This awareness course covers skills and techniques for planning and leading a successful Cycling outing. Course topics include: **Tour Planning, Personal Equipment & Gear, Team Equipment, Food & Nutrition, Navigation, Safety While Riding, Injury First Aid, Life on the Road/Trail, Where to Tour** and includes an outdoor practical/outing. This course is open to all registered Scouting adults who have completed the HAT Core course, can demonstrate a demonstrated knowledge outlined in the cycling merit badge and whose bike will pass a safety inspection. **A current "Annual Health and Medical Record" including parts A, B and C is required.** Contact Steve Krome for any questions at [drstvk@aol.com](mailto:drstvk@aol.com) or (925) 736-8252

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

Course Dates

Orientation	April 07, 2010	(Council Office)
Indoor & Outdoor Session	April 24, 2010	(Council Office)

## Paddle Sports Awareness and BSA Paddle Craft Safety

**For 2010 we are combining our Paddle Sports Awareness with the new 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.** A current "Annual Health and Medical Record" including parts A, B and C is required. Contact Keith Gale for any questions at [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

**The cost is \$95 and limited to the first 16 who sign up**

Course Dates

Indoor Session	May 12, 2010	(Council Office)
Outdoor Session	June 5-6, 2010	(TBA)
Follow-up	June 9, 2010	(Council Office)

## Wilderness First Aid and CPR

**Wilderness First Aid is a practical, 16 hour (20 with CPR) course that prepares you to recognize and avoid wilderness hazards, and perform first aid outdoors with whatever equipment you have or can improvise.** Wilderness First Aid Certification by the American Safety & Health Institute ([www.ashinstitute.com](http://www.ashinstitute.com)) is valid for 3 years, CPR for 2 years. Contact Keith Gale for any questions at [keith\\_gale@hotmail.com](mailto:keith_gale@hotmail.com) or (925) 672-3592.

**The cost is \$125 (145 with CPR Certification) and limited to the first 40 who sign up**

CPR	November 6, 2009	(Council Office)
Wilderness First Aid	November 7-8, 2009	(Council Office)
CPR	November 5, 2010	(Council Office)
Wilderness First Aid	November 6-7, 2010	(Council Office)

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## High Adventure Team (HAT) Course Registration:

Name: \_\_\_\_\_ HAT Number \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Phone (Day/Night): \_\_\_\_\_ Scouting Position: \_\_\_\_\_  
Unit: \_\_\_\_\_ District: \_\_\_\_\_ Cell: \_\_\_\_\_ e-mail: \_\_\_\_\_

### Course you wish to take:

HAT Core	<u>please check one</u> <input type="checkbox"/> Winter 10 <input type="checkbox"/> Fall 10	(Limited to the first 48 who sign up)	\$ 65	_____
BBA	<u>please check one</u> <input type="checkbox"/> Fall 09 <input type="checkbox"/> Fall 10	(Limited to the first 48 who sign up)	\$ 65	_____
Okpik		(Limited to the first 30 who sign up)	\$ 85	_____
Okpik II		(Limited to the first 8 who sign up)	\$ 65	_____
Paddle Sports		(Limited to the first 16 who sign up)	\$ 95	_____
Cycling Awareness		(Limited to the first 20 who sign up)	\$ 65	_____
Wilderness First Aid		(Limited to the first 40 who sign up)	\$125	_____
Adult CPR		(Limited to the first 16 who sign up)	\$ 20	_____
Late Fee	<b><u>For Registration within 2 weeks of a course</u></b>		\$ 20	_____

See the reverse side of this form for the course dates

Total Cost \_\_\_\_\_

Questions? Contact: Chuck Savage (925) 932-4843 or e-mail

[cesavage@pacbell.net](mailto:cesavage@pacbell.net)

Return this registration form with your check payable to:

**Mt. Diablo Silverado Council**  
**C/o Camping Secretary**  
**800 Ellinwood Way**  
**Pleasant Hill, CA 94523**

**Please Note: 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.**