



OUTDOOR COUNCIL OF CANADA
CONSEIL CANADIEN DE PLEIN AIR

Welcome to the Outdoor Council of Canada's Field Leader (Hiking) course. By registering in this course, you are joining a community of practitioners committed to creating and delivering quality outdoor experiences across Canada. This course will give you the opportunity to learn and enhance essential leadership skills and offer higher quality experiences for your participants.

In order to make the most of this course, it is important that you come ready to participate fully. Please take the time to read this document, as it will help you prepare.

Before the Course

Read the manual and do the mini quizzes. This will help you get ready for your course. The manual contains essential information that outlines the scope of practice encompassed within this certification, and details the evaluation process. Please read the section below and prepare the necessary equipment for the activities.

What to Expect During the Course

Overview

The Field Leader course consist of 15 lessons delivered over 14 hours of instruction time. Typically, this is done over the course of 2 days from 9:00 a.m. until 5:00 p.m. Expect to be in a classroom for the majority of the first day, and spend most of the second day outside for a field session.

However, your instructor can modify the typical course schedule and flow. They will inform you of any relevant changes for your course.

Field Session

Learning to be an effective outdoor leader requires direct experience and immersion in the outdoors. For a typical Hiking course, you might find yourself outside for 5 to 6 hours without access to a building or a bathroom.

Prior to leaving for the field session, your instructor will discuss necessary preparations. Please discuss with your instructor if you have any concern about the length of time away from a building or a bathroom.

Depending on the weather conditions, you could get cold and uncomfortable during the field session. You might find yourself walking for long distances, standing in windy conditions, sitting on cold ground for sustained periods of time. It will be important that you bring enough equipment to remain comfortable in the specific weather conditions found during your course. Depending on your instructor's assessment, the field session may be shortened if the weather conditions are too challenging. This will be done at their sole discretion.

Lunch

There will be a lunch break on the first day of the course. On the second day, lunch will be part of the field session. Bring food that can be brought and eaten during an outdoor event.

Course Activities

During the course, you will be expected to participate in discussions and reflection activities. An important aspect of this course is learning from other's perspectives. This course will be much richer if you engage in group conversations and share your opinion (remember to let others share theirs if you have a lot of opinions).

One of the lessons for the field session will be focusing on setting up a tarp. If you already have a tarp (and ropes), please bring it for the field session. This will be beneficial for the whole group.

Concluding Notes

We communicate with members through emails. If possible, provide a personal email to your instructor. People change jobs and with a work email, we will likely lose contact with you.

Promoting and running quality outdoor events is a passion of ours and we hope you have a great course with us. If you have any questions before the course, you can contact us by email at admin@outdoorcouncil.ca or contact your course Instructor directly.

Sincerely,

The Outdoor Council of Canada