

# The High Adventure Team is offering 7 courses in 2006/7.

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 Aide) 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 and First Aide, 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 Sig Shapiro for any questions [sigs@earthlink.net](mailto:sigs@earthlink.net) or (925) 838-5407.

**The cost is \$65 and limited to the first 75 who sign up.**

Course Dates:

September 8-9, 2006 (Camp Herms)

January 12-13, 2007 (Camp Herms)

September 14-15, 2007 (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. **Class III Health form is required for each adult.** Contact Chuck Savage for any questions [cesavage@pacbell.net](mailto:cesavage@pacbell.net) or 925-932-4843

**The cost is \$65 and limited to the first 75 who sign up.**

Course Dates:

Orientation September 27, 2006 (Council Office)

Course October 13-14, 2006 (Camp Herms)

Orientation September 26, 2007 (Council Office)

Course October 12-13, 2007 (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. **Class III Health form is required for each adult.** 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**

Course Dates:

Orientation February 9, 2007 (Council Office)

Course February 24-25, 2007 (Sugar Pine Point)

## 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. **Class III Health form is required for each adult.** 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 11, 2007 (Council Office)

Course April 20-21, 2007 (TBA)

## Paddle Sports Awareness

This awareness 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, can demonstrate a demonstrated knowledge of the fundamental strokes and can pass the swimming test. **Class III Health form is required for each adult.** Contact Keith Gale for any questions at [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**

Course Dates		
Orientation	May 16, 2007	(Council Office)
Course	June 2-4, 2007	(TBA)
Follow-up	June 6, 2007	(Council Office)

## Climbing Instructor Awareness

A certificate of training as a "BSA Climbing Instructor" good for 2 years and a letter that authorizes you to be a Climb on Safely Instructor good for 1 year will be issued to adults upon successful completion of the course. This course is open to all registered Scouting adults who have completed the HAT Core course. **Class III Health form is required for each adult.** Contact Jason Lewis for any questions [Jalewis@bsaemail.org](mailto:Jalewis@bsaemail.org) or (925) 674-6171

**The cost is \$100 and limited to the first 6 who sign up**

Course Dates		
Orientation	March 14, 2007	(Council Office)
Course	March 17-18, 2007	(TBA)
Follow-up	March 21, 2007	(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 do 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 year. **This course is open to all registered Scouts and Scouters. Youth participants are to be at least 15 years old and have 1<sup>st</sup> Class Skills. An adult must accompany all youth attendees.** 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**

Course Dates		
CPR	November 2, 2006	(Council Office)
Wilderness First Aid	November 3-4, 2006	(Council Office)
CPR	November 1, 2007	(Council Office)
Wilderness First Aid	November 2-3, 2007	(Council Office)

## High Adventure Team (HAT) Course Registration:

Name: \_\_\_\_\_ HAT Number \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone (Day/Night): \_\_\_\_\_ Scouting Position: \_\_\_\_\_

Unit: \_\_\_\_\_ District: \_\_\_\_\_ Fax: \_\_\_\_\_ e-mail: \_\_\_\_\_

### Course you wish to take:

<b>HAT Core</b> <a href="#">please check one</a> <input type="checkbox"/> Fall 06 <input type="checkbox"/> Winter 07 <input type="checkbox"/> Fall 07	(Limited to the first 75 who sign up)	\$ 65	_____
<b>BBA</b> <a href="#">please check one</a> <input type="checkbox"/> Fall 06 <input type="checkbox"/> Fall 07	(Limited to the first 75 who sign up)	\$ 65	_____
<b>Okpik</b>	(Limited to the first 30 who sign up)	\$ 85	_____
<b>Paddle Sports</b>	(Limited to the first 30 who sign up)	\$ 85	_____
<b>Cycling Awareness</b>	(Limited to the first 20 who sign up)	\$ 65	_____
<b>Climbing Instructor Awareness</b>	(Limited to the first 6 who sign up)	\$100	_____
<b>Wilderness First Aid</b>	(Limited to the first 40 who sign up)	\$125	_____
<b>Adult CPR</b>	(Limited to the first 40 who sign up)	\$ 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**