



CHALLENGE AND ADVENTURE ACTIVITY

BACKPACKING AND BACKCOUNTRY TRAVEL

Participants will only ascend and descend routes that do not have technical sections. Participants will only walk up peaks with first, second and third class terrain that does not have exposure or potential for significant rock fall.

See: <http://www.14ers.com/classes.html> for definitions of terrain.

- Type of footwear that is best for trail conditions.
- Teach map and compass and map reading.
- Teach material on GPS type units.
- Have a list of minimal clothing and gear that each participant carries with them. Check to make sure participants actually have it with them. Having a practice pack day at least one week before the trip can help assure youth will be prepared properly.
- Check/confirm water sources.
- Bring food and water for participants or assure that water is available. Do not allow participants to drink untreated water.
- Research route areas to make certain trails are accessible.
- Know the symptoms of and remedies for dehydration, exhaustion of participants. Check for symptoms at regular intervals.
- Be familiar with evacuation routes and techniques in case of an emergency.
- Carry emergency food, clothing, and shelter.
- Repair kits should include repair tools and materials for the type of equipment that the group is using: backpacks, trekking poles, day packs, headlamps, etc.
- Be aware of weather-specific access and travel considerations.
- Check the weather forecast for the area. Within 48 and then 24 hours of beginning a trip.
- Consider tent/shelter arrangements: group size and gender.
- Consider quality, weight and temperature ratings of sleeping bags and sleeping pads.
- Consider how the youth are transported to the activity.
- Do volunteer drivers have OSU Driver Authorization?
- Teach proper LNT¹ and trail practices.
- Are permits required on the trail?
- Does the parking area/trail head require permits?
- Practice LNT¹ for travel, waste control, consumables and trash.

References

1. Leave No Trace Center for Outdoor Ethics www.LNT.org

FOOD HANDLING & DISH SANITIZATION⁶

Educating about cooking is one of the most important components of the adventure trip. Participants will have a chance to learn cooking techniques, the importance of making and eating nutritious food with attention to quality presentation. Cooking is also one of the most dangerous activities in the out-of-doors and needs to have the utmost attention by facilitators/group leaders/volunteers.

Policies

- Cook groups will be directly supervised by facilitators/group leaders/volunteers when using stoves.
- Stoves will not be used off the ground.

Procedures

- Participants should be directed in proper use and lighting technique prior to use of stoves. (Canister fuels and canister stoves are recommended, liquid fuels pose a greater risk of burns and fire than do contained fuels).
- Participants should use “pot grips” when handling/stirring a pot with hot contents.
- Participants should clear out a designated cook space away from the main camp, and involve only the participants in the cook group for that meal.
- Participants and staff should wear close-toed shoes while cooking and using stoves.

Sanitation and Hygiene¹

- Place convenient hand washing system in central location and ensure that food handlers wash hands before preparing meals.
- Ensure dirty eating utensils, pots etc. are kept out of fresh water sources.
- Use serving utensils and not personal spoons to serve food.
- Wash and initial rinse temperature are at least 100° F. Second rise process should use an approved chemical sanitizer such as bleach.¹
- Pack food separately from fuel to avoid contamination.
- Roll down bags to pour food out of or use another bag as a glove to give food to others. This greatly reduces chances of contamination.
- Instruct participants on how to effectively clean their dishes and dispose of their gray water and food waste. Screening gray water is recommended.

References

1. American Camping Association Standards – 2012/updated 2014

MOVING WATER CROSSINGS

Moving water crossings are necessary for some routes and destinations. Care should be taken to avoid unnecessary exposure to this hazard, in particular during times of high run-off and/or low temperature. Facilitators should consider addressing fixed line, group competency, buddy system, and hip belt removal. Depth of water and streambed composition will be significant factors to consider in deciding on a route. Assessment of the crossing should include the location and identification of eddies, pools, downstream hazards, the temperature and depth of the water, the condition of the bank and sub-water surfaces, timing of the crossing during the trip or day, ‘run out’ scenarios or ‘what if’s’, as well as roles participants will play if something goes wrong. A Throw Bag with floating line is required in these situations.

Wading/Bathing

Wading/Bathing is at the discretion of the facilitators leading the activity, in accordance with County Operating Procedures for the program site. Considerations will include temperature and depth of water, entering the water with or without a PFD, and how far off shore (or from craft) would be appropriate. If the group leader determines that the site, timing and conditions are appropriate to wade/bath, a Water Supervisor will oversee the activity. The Water Supervisor will be responsible for continuing to evaluate the site conditions, temperature, depth of water, composition of the bottom, and overall group ability to handle the hazard.

They do not have to be a certified lifeguard, but must be comfortable rescuing a participant in the environment/conditions present at the time of the activity. The Water Supervisor will have a throwable device (designed for rescue), such as a throw bag with floating line, tube or can. The Water Supervisor cannot be wading or bathing and all parties must be in sight. Sandals/shoes are required when in the water for both staff and participants. Areas of the body that are conventionally covered by bathing suits need to remain covered while wading or bathing. Clothing should not be loose or long or otherwise compromise participant's ability to move freely.