The PCIA Climbing Wall Instructor Course provides instructors and potential instructors with an in depth, standardized understanding of the skills essential to teaching climbing in an indoor setting. It is the first step in a sequential approach to professional climbing instructor development. The course reinforces the importance of teaching technically accurate information and debunks many common climbing myths. The course emphasizes the presentation of sound fundamental skills to climbing gym participants, the formation of risk assessment and risk management skills and basic problem solving skills such as belay transitions and on-wall coaching and assistance techniques. Participants are assessed on both their core knowledge and their ability to effectively teach and coach related skills.

RTTR 144 Mountain Biking
Date: 5/11-12  Time: 9am-5pm
Hit the trails learn the basics of Mountain Bike riding technique and bike maintenance during this two day, 1 credit experiential skills course.

PESS 144 Teaching Stand up Paddleboarding
Dates: 5/14-15 (9am-5pm)
Stand Up Paddle (SUP) boarding is the fastest growing segment of the paddlesport industry. In this course we will breakdown the basic concepts of SUP and the strokes needed to enjoy your days on the water. We will cover SUP terminology and its importance in communication. This is a 2 day course and at the end of the 2nd day, you will have the opportunity to test your skills and receive an ACA Level 2 Skills Assessment award. (ACA membership required)

* A basic understanding of Hypo / Hyperthermia and cold weather shock is recommended.

** You WILL be getting wet so appropriate clothing is required!

PESS 144 Teaching Leave No Trace
Dates: 5/16 (5pm-9pm) 5/17-18 (9am-5pm)
This course will teach participants how to effectively teach and facilitate Leave No Trace programs and how to utilize LNT ethics while participating and leading adventure education activities.

RTTR 144 Back Country Navigation
Dates: 5/19 -20 (9am-5pm)
Learn the proper use of a Map & Compass as well as a GPS unit in addition to understanding the UTM coordinate system and completing a number of field based courses.

RTTR 144 Wilderness First Aid
Dates: 5/21-22 (8am-5pm)
The Wilderness First Aid (WFA) course will help you prepare for the unexpected. This fast paced, hands-on training is designed to meet the needs of trip leaders, camp staff, outdoor enthusiasts and individuals working in remote locations. It will introduce you to caring for people who become ill or injured far from definitive medical care. Classroom lectures and demonstrations are combined with realistic scenarios where mock patients will challenge you to integrate your learning. At the end of the course, you’ll have the knowledge, skills and ability to make sound decisions in emergency situations.

RTTR 144 Dutch Oven Cooking
Dates: 5/24- 25 (9am-5pm)
Behind every great trip is a great cook! This course encompasses a brief history of Dutch oven cooking, as well as information on the purchase and care of the Dutch oven. The majority of the course involves experiential learning "hands on" preparation cooking of Dutch Oven entrees, breads, vegetables and deserts in an outdoor setting.

PESS 144 Teaching Kayaking
Dates: 5/27 (4pm-7pm) 5/28- 29 (9am-5pm)
In this course, we will cover everything you need in order to keep you and your fellow paddlers safe on the water. We will spend a couple hours in the class room Friday night covering the risk management side of kayaking as well as some group management activities. We will then spend the next 2 days on the water working on everything from strokes to rescues. On the 3rd day of the course, you will have the opportunity to test out your skills. Upon successful completion of the required skill, you may receive a Level 2: Coastal Kayaking Skills assessment award. (ACA Membership is required)

* A basic understanding of Hypo / Hyperthermia and cold weather shock is recommended.

** You WILL be getting wet so appropriate clothing is required!

PESS 144 Lifeguarding
Dates: 5/31-6/1 (8am-5pm)
Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over.