

What is 4-H Outdoor Adventure Challenge?

The 4-H Outdoor Adventure Challenge (OAC) program uses the outdoors to help young people develop the life skills they need to become self-directing, contributing and productive members of society. Through a variety of outdoor activities the teens learn to deal with physically and mentally stressful situations that may occur in any life setting.

4-H Outdoor Adventure Challenge helps young people develop a greater understanding, sensitivity, and appreciation for themselves and the natural environment. Teens (and adults!) also strengthen skills in communication, cooperation, organization and planning.



"Failure is a bruise, not a tattoo."
— Jon Sinclair

A multi-session training program is designed to develop the skills of adults interested in using the outdoors to help young people develop life skills and competencies. The training program includes an introduction to the 4-H Outdoor Adventure Challenge program and training in the technical skills needed for backpacking, caving, canoeing, kayaking, rock climbing, orienteering, winter camping, and outdoor survival. The training program also focuses on risk management, leadership skills, processing skills, initiative games and group dynamics.

"The leader training changed my life. I never knew how strong, confident and capable I was. I found my inner strength that I can now share with young people."

—Theresa, adult volunteer, St. Clair County



How do I find out more?

For more information about 4-H Youth Development, the 4-H Outdoor Adventure Challenge program and the 4-H Outdoor Adventure Challenge Leader Training Series, contact your county MSU Extension office or visit http://4h.msue.edu/4h/outdoor_adventure_challenge.

Or, contact the 4-H Outdoor Adventure Challenge State Coordinator Nick Baumgart directly at 906-774-0363 or baumga75@anr.msue.edu.

MICHIGAN STATE UNIVERSITY | Extension MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Ray Hammerschmidt, Interim Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. Produced by ANR Communications. 2/15

Enroll now for the 2015 4-H Outdoor Adventure Challenge Leader Training Series!



Become a 4-H Outdoor Adventure Challenge Leader!

Help young people develop:

- important life skills like problem-solving and teamwork
- positive character traits like leadership
- self-confidence and determination
- appreciation and enjoyment of the outdoors
- environmental stewardship

You will personally:

- develop the confidence needed to work with young people
- meet many interesting adults and teens from throughout the state
- attain a level of competency in many outdoor activities

Adults who receive the training are expected to work with young people in the 4-H Outdoor Adventure Challenge program.

**4-H Youth Development
Michigan State University Extension**



What are the training requirements and how soon can I get started?

You must be at least 16 to enroll in the training series, and at least 21 to become a certified 4-H Outdoor Adventure Challenge leader. After successfully completing each training component, you can begin working with youth at the level for which you've been trained if you also meet the CPR & Standard First Aid certification requirements.

Please note: 4-H Outdoor Adventure Challenge is a high-stress and physically demanding activity. If there is any question about your health, be sure to consult with your doctor before applying.



Level 1

Orientation – May 1-3, 2015 on the Manistee River near Manton

Trainees receive an overview of all that 4-H OAC offers; learn day hike preparation and how to complete an activity plan.

Successful Level 1 trainees can take youth on day hikes only (no water activities). Also required are CPR & Standard First Aid certifications.

Level 2

Separate training is offered for each content area. Level 2 is NOT a pre-requisite to Level 3.

- **Kayaking – August 7-9, 2015**, at Little Bay De-Noc, Gladstone (U.P.)
- **Flat-Water Canoeing – August 28-30, 2015**, on the Manistee River near Manton
- **Backpacking – September 25-27, 2015**, Pictured Rocks in the U.P. This training includes an overnight solo experience to ensure competence before taking youth overnight in this content area.
- **Winter Camping – February 12-14, 2015**, Pigeon River State Forest near Gaylord

Level 3

Separate training is offered for each content area. Level 2 is NOT a pre-requisite to Level 3.

- **Rock Climbing – TBD** - This training includes an overnight solo experience to ensure competence before taking youth overnight in this content area.
- **Swift-Water Canoeing** – Offered as demanded by interest. Call for details.
- **Caving – Spring 2015** date/location to be determined. Call for updated information or visit http://4h.msue.msu.edu/4h/outdoor_adventure_challenge

Completion of level 3 training is a two-step process:

1. Training will be held in conjunction with an instructor's club outing so trainee can **observe** how to work with youth in this content area.
2. Training will be held in conjunction with an instructor's club outing. Trainees **practice leading** youth in this content area.

"If you do what you always did, you will get what you always got."
— Anonymous

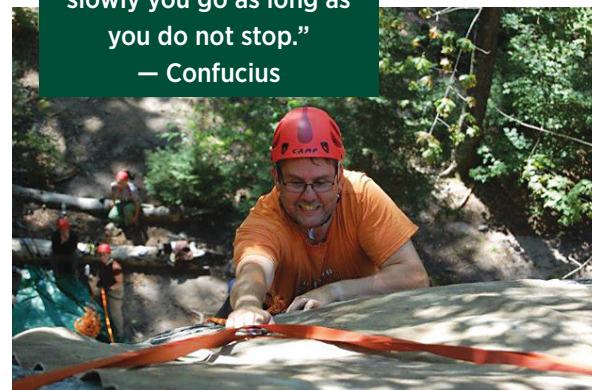


Additional Requirements for Levels 2 & 3

Before conducting Level 2 and 3 outings with their 4-H club, trainees must also meet the requirement of an approved trip plan – either one plan for a trip of 3 or more days or two weekend trip plans.

For overnight 4-H OAC trips (levels 2 & 3) there must also be at least one 4-H OAC leader (the trainee or a different leader) who has completed a minimum of a 2-day wilderness first aid training (WFA or higher). CPR certification is also required.

"It does not matter how slowly you go as long as you do not stop."
— Confucius



What will the training cost?

Fees: There is a \$50 fee for each training at all levels (1, 2 & 3) up to a maximum of \$300 for each trainee. (Your county 4-H program may cover a portion of this cost.)

Fees are due two weeks before each training. Fees cover instructional materials, meeting facilities, group equipment costs and mileage for instructors. Each participant is responsible for the cost of his or her own food, personal equipment, and transportation to and from the training sites. Bring your own Personal Flotation Device (PFD) to canoeing and kayaking if you can.

How do I enroll?

To enroll for 4-H Outdoor Adventure Challenge (OAC) leader training, you must:

1. Complete the MSU Extension Volunteer Selection Process through your county MSU Extension office.
2. Complete the 4-H Outdoor Adventure Challenge Leader Training Enrollment Form (available online at http://4h.msue.msu.edu/4h/outdoor_adventure_challenge or from Nick Baumgart, 4-H OAC Coordinator at 906-774-0363 or baumga75@anr.msu.edu).
3. Mail the enrollment form and fee (check payable to Michigan State University) as indicated on the form. Deadlines and fees vary for each training.

The deadline for enrollment and Level 1 (orientation) sign up is **April 24, 2015**.