



Providing quality training for outdoor leaders for more than 20 years



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Funded by the Sport and Recreation Division of the Nova Scotia Office of Health Promotion

NSOLD Program delivery partners:

HeartWood, Peak Experiences, Canadian Red Cross Society, Halifax Regional Municipality, Nova Scotia Department of Natural Resources, Leave No Trace Inc.

Trail Information web site:
www.trails.gov.ns.ca

MISSION

Founded in 1979, the Nova Scotia Outdoor Leadership Development Program (NSOLD Program) aims to enhance the quality and quantity of outdoor leaders in Nova Scotia through a comprehensive, experiential leadership development process. Managed by a volunteer committee working in conjunction with the Sport and Recreation Division, the NSOLD program engages some of Nova Scotia's best outdoor specialists in the delivery of its programs.

PROGRAM

The NSOLD Program provides participants with the knowledge and training to become informed, more experienced outdoor leaders. This results in safer, more enjoyable and environmentally sensitive experiences in our back country.

The program is designed for volunteers and professionals, 17 years of age and older, who want to become outdoor leaders or who wish to upgrade their current outdoor and leadership skills. Examples of groups using NSOLD Program training include youth-serving agencies, schools, volunteer organizations, government departments, organizations in the private sector, universities, and of course, individuals who want to enhance their own personal development.

All aspects of the program embrace the principles of experiential learning, environmental stewardship, accessibility by all, sound risk management and volunteerism.

COURSE OVERVIEW

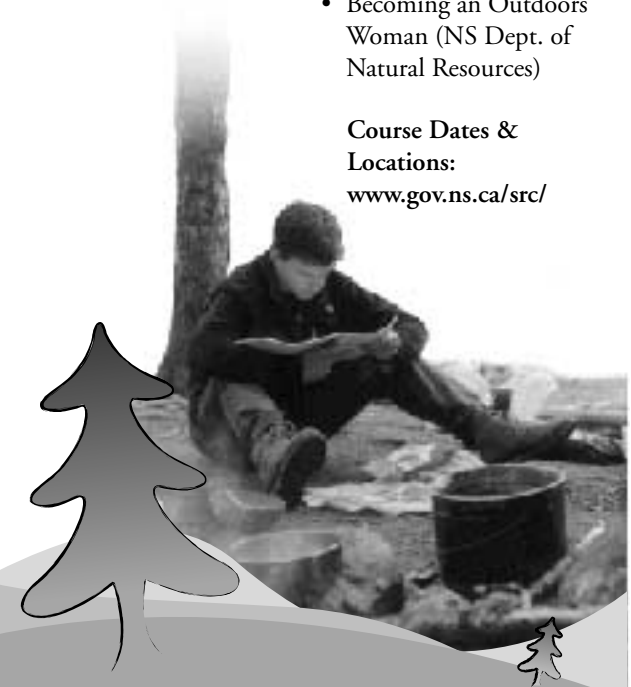
- Basic Courses:**
- Outdoor Camping Skills
 - Wilderness Navigation
 - Outdoor Survival
 - Emergency Procedures
 - Environmental Interpretation
 - Wilderness Ethics

- Leadership Courses**
- Leadership School
 - Women's Outdoor Leadership

- Special Initiatives**
- Mentoring in the Outdoors
 - Leadership Resource Service

- Affiliated Programs**
- Wilderness and Remote First Aid (Red Cross)
 - Becoming an Outdoors Woman (NS Dept. of Natural Resources)

Course Dates & Locations:
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PROGRAM DESCRIPTIONS

BASIC COURSES (1 day or weekend)

Outdoor Camping Skills

Outdoor Camping Skills helps participants develop the basic outdoor skills necessary for safe wilderness camping. Participants gain instructional and practical training in areas such as shelter building, fire making, outdoor equipment, campsite selection and development, knots, tools, menu selection and nutrition.

Wilderness Navigation

One of the most basic safety skills in the outdoors is to avoid becoming lost. This module combines theory and practice in the use of map, compass, GPS and other navigational techniques. Participants take part in practical exercises which enable them to accurately and confidently travel through wilderness areas.

Outdoor Survival

Winter in Nova Scotia offers many experiences for the outdoor enthusiast. For the lost, injured and unprepared it can also kill. This module offers participants an opportunity to test their mental and physical survival skills in a winter wilderness setting. While various presentations and skill sessions are given on the physiological and psychological aspects of winter survival (heat loss, metabolism, shelter building, signaling, rescue, "the will to live") the primary focus of the weekend is experiential. Those attending will be placed in safe but very real situations for a chance to experience first-hand the dexterity-robbing cold, hunger, inability to navigate, and the boredom and loneliness of survival. The final consolidation exercise involves the identification of each individual's strengths and weaknesses in the survival system components: human, mental, physical, environmental and equipment. This module tests a person's ability to adapt, improvise and overcome.

Emergency Procedures

The Emergency Procedures Module introduces leaders to skills that will help them organize and lead safe outdoor activities. Particular attention is paid to the prevention and management of emergencies. Participants will learn about the risk management process: identifying the risks inherent to the activity; developing a process to manage these risks; and establishing a crisis management plan in the event of an emergency. Throughout the module participants will be placed in simulated emergency situations to gain first-hand experience in managing emergencies.

Environmental Interpretation - Sharing Nature with Others

Sharing Nature with Others helps outdoor leaders gain confidence and skills in sharing an appreciation and understanding of nature with others. The emphasis is on gaining and using educational ideas and techniques to develop one's own personal style of interpretation. Participants will also develop an appreciation and knowledge of plants, animals and ecosystems through hands-on experiences in the local area. We believe in teaching through fun, magical and adventurous experiences. We practice what we preach.

Wilderness Ethics

Thousands of people visit Nova Scotia's wild areas each year in search of a "wilderness" experience. Participants in this module will be exposed to the most up-to-date thinking on how to minimize impact, (both environmental and social) using Leave No Trace principles. And, because an "ethic" is largely intrinsic and cannot be taught, facilitated time will allow participants to explore why they appreciate wild places and what their personal wilderness ethic may look like. The module is rich in discussion and debate as we live our lessons, and travel to experience one of Nova Scotia's wild areas.

LEADERSHIP COURSES (2 to 4 days)

Leadership School

Leadership School consists of a series of practical leadership experiences over four days. Participants increase their understanding of themselves, different interpersonal styles and the role of leadership in relation to group dynamics. The program is designed to attract a wide variety of people from different backgrounds, including education, business, government, not for profit and other human services areas.

In an active setting, the following topics will be explored: leadership styles and concepts; managing psychological and physical safety of groups; improving observation, mediation and processing skills; and understanding one's own interpersonal styles using the Myers-Briggs Type Indicator and/ or LSI Leadership Assessment.

Women's Outdoor Leadership

This is an exciting new addition for the NSOLD Program. From our initial group immersion experience to an extended solo time on the last day, friendships will be built and participants will make decisions about direction and actively explore what great outdoor leadership can be.

While this module does not focus on technical skills, much learning and opportunity to skill-swap happens through travel, camp set-up, navigation, safety and meeting daily needs in a wilderness context. No previous experience is necessary. However the willingness and desire to hike, to camp in tents and to participate fully in the experience, is a must.

SPECIAL INITIATIVES

Mentoring in the Outdoors

Mentoring in the Outdoors focuses on ways to enjoy the outdoors with young people in a meaningful and safe way. The weekend module explores genuine youth-adult mentorship, the magic of outdoor settings for adventuresome learning, keys to successful outdoor experiences for both youth and adults, youth inclusion in activity planning and safety.

Participants are encouraged to join the Mentoring in the Outdoors Network, a group of volunteer outdoor leaders who are committed to helping young people enjoy the outdoors in Nova Scotia.

Leadership Resource Service

The Leadership Resource Service is a customized service to meet individual and/or group needs. Information is provided on ways to access outdoor training opportunities and outdoor leadership services. Customized training that meets special needs for organizations can be offered and/or referrals are made to other organizations who offer quality outdoor programs. Corporate groups, volunteer groups and schools often use this service.

AFFILIATED PROGRAMS

Wilderness and Remote First Aid

Wilderness and Remote First Aid is an experiential based 3-4 day course designed for individuals participating in wilderness activities that will be hours or days from advanced medical care. Emphasis will be on practical skills, decision-making, dealing with the outdoor environment and building the confidence of participants. Injury prevention, accessing emergency medical care, improvising first aid supplies and long-term care are the focus.

Participants who successfully complete this course will receive a Red Cross Wilderness and Remote First Aid and Standard First Aid-CPR Level C Certificate that are recognized in the workplace.

Becoming an Outdoors Woman

Originally started in the United States in 1991, Nova Scotia began offering the program in 1997. Its primary focus is assisting people to overcome barriers, whether social or financial, in learning outdoor skills. Each year more than 100 women register for the weekend workshop.

If you have little or no experience in fishing, hunting or other outdoor skills, this program is for you. "BOW" provides a mix of introductory level skill development and an experience with other women of all ages.



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