

# BACKCOUNTRY INSTITUTE

These training courses are less intensive & less expensive than the nationally recognized certifications offered at Backcountry Institute. Profession Backcountry Institute staff teach these valuable training courses. All training satisfy American Camping Association Standards, and offer participants an introduction to trip leading.

## BKF Basic Kayak Fundamentals

One day course

Mei 26

\$80

No experience needed for this valuable course. Learn the skills and techniques necessary to take your paddling to the next step. If you have a good attitude and are willing to get wet, come learn the fundamentals of Kayaking. Let our ACA Certified instructors guide you through the fundamentals of Kayaking. This one day course will be held on Camp Carolina's lake. Curriculum includes equipment and safety, strokes and self rescue, eskimo rescues, tie downs and basic safety issues. Equipment will be provided if needed. **NO PREVIOUS EXPERIENCE NECESSARY.**

## BKI Basic Kayak Instructor Training

Two day course

May 27-28

\$160

If you are an experienced flat water kayaker and want to earn an instructor certification this is the course for you! If you have previous experience or training you can earn Backcountry Institute Basic Kayak Instructor Training. Course covers appropriate teaching methods and basic safety concerns for instructing introductory Kayaking skills on flat water. Learn how to apply this knowledge. Bring weather appropriate clothing, boat, paddle, PFD, & helmet if you have one. Equipment will be provided if necessary. **EXPERIENCE NECESSARY.** Students can take the Backcountry Institutes Basic Kayak Fundamentals course to satisfy experience requirements.

# CTL Caving Trip Leader Training

Three day course

May 27-29

\$240

You need skills and confidence to lead a group into a cave and Backcountry Institute will help you develop these qualities in this 3-day course. We know that leadership skills are essential to execute a safe yet productive caving trip. Our experienced instructors will cover planning and preparation, group leadership techniques, safety precautions, basic rescue, and equipment maintenance. You will lead more enjoyable trips once you learn to move your group more efficiently. We'll discuss local & regional caves so you can better plan your next trip. Wear clothes you don't mind getting completely filthy. **MUST HAVE SOME CAVING OR CLIMBING EXPERIENCE.** Be sure to bring appropriate camping gear.

# PWC Photography for the Web Clinic

Half day course

May 26

\$45

This course is designed specially as an introduction to digital photography but enthusiast photographers with higher levels of experience are welcome. You will learn and practice techniques of shooting high quality digital photos, whether they are portraits, wide shots or action shots. We will go over techniques on framing good photos, using the setting to suit your shooting style, editing, adjusting to different light conditions and other photography techniques. We will also discuss how your camp or business can use your photos to advertise and profit through photo sales direct to customers and/or through the internet. Required equipment: digital camera, memory card, card reader, any lenses and other equipment you plan on using with your camera. . Limited equipment provided.

# EKTL Exhibition Kayak Trip Leader Training

Two day course

May 23-24

\$160

This 2-day certification course focuses on the how-to's of quality leadership and instruction for those interested in leading flat water expedition kayaking trips. The focus is on the preparation, execution and evaluation of sea kayak excursions and group management skills. Learn effective guiding skills, basic strokes, packing and organizing gear, weather (winds, rain & lightning), group safety, practical meals and outdoor stove operation, map and compass, boat rescue, self-rescue, and the use of tide and current tables. Must be a strong swimmer. You should bring appropriate camping gear, boat, paddle, & PFD, Boat and Paddle will be provided if necessary. **NO PREVIOUS EXPERIENCE NECESSARY.**

## LRF Low Ropes Facilitator Training

One day course

May 30

\$80

Nestled in a beautiful wooden setting, surrounded by the Pisgah National Forest, is Camp Carolina's Low Ropes Course. You'll participate in a series of problem-solving activities that promote teamwork, build self-confidence, and give you the skills to facilitate your own low ropes course. Our skilled instructors help the team understand important concepts, monitor their safety, and teach the technical aspects of low ropes such as appropriate knots, hardware, spotting, etc. There are formidable challenges to be confronted that require collaboration to solve. **NO PREVIOUS EXPERIENCE NECESSARY.**

## FFIT Fly Fishing Instructor Training

One day course

May 30

\$80

This course is invaluable to those intending on being an instructor. Taught on our stocked trout pond, this course will address fly-fishing skills and teaching techniques. The morning will be spent in the classroom and on the athletic fields learning the basics. After lunch, students, will head to the pond and get some hands on practice and catch some real fish. **NO PREVIOUS EXPERIENCE NECESSARY.**

## MBTL Mountain Bike Trip Leader Training

Two day course

May 23-24

\$160

Backcountry Institute continues to take mountain biking to new heights and Camp Carolina is the perfect setting. This course is geared for those who wish to safely lead groups in a variety of off-road environments. And you don't have to be an expert to participate. Intermediates are welcome. It integrates trail management, bike maintenance, trail ethics, riding techniques, trail equipment, hydration, and emergency maintenance. **SOME EXPERIENCE NECESSARY.** Bring your bike and helmet.

# MBI Mountain Board Instructor Training

Two day course

May 26-26

\$160

Kids around the country are going wild over the latest rage - mountain boarding. This unique sport combines the fun of surfing, the challenge of snowboarding, and the skill of skateboarding into one action-packed experience. This course is ideal for individuals who want to teach this exciting new activity. Relevant topics include safety standards, equipment maintenance, proper riding techniques, trail etiquette and other important skills. Backcountry provides the boards, helmets, and heaps of amazing hills to practice on. **NO PREVIOUS EXPERIENCE NECESSARY.**

# OHTR Overnight Horseback Trail Riding Instructor Training

Two day course

May 28-29

\$160

Packing, the proper amount of supplies, and organizing transportation logistics are some of the potential problems that one faces when planning an overnight horseback trip. Let Backcountry Institutes professionally trained guides educate you on how to run a trip. Participants will develop the skills and confidence needed to correctly plan and execute a successful horse trekking adventure. An explanation of all facets of camping with horses will be covered that includes horse selection and preparation, trailering, supplies, grooming, analysis, safety, MIC, trail etiquette, outdoor cooking, and riding skills. Each participant is closely matched to a horse for his/her size and ability. All supplies and horses and Western saddles are provided. Bring appropriate camping gear. **Must have experience riding.** Camping Fees included.

# RCI Rock Climbing Instructor Training

Three day course

May 20-22

\$240

Learn what it takes to become a competent rock-climbing instructor. This class emphasizes hands-on training with ample opportunity for closely supervised skill practice, a hallmark of Backcountry Institute. Fundamentals of instructional climbing techniques are covered along with equipment use, belay techniques, rappelling, hazards, site management, and much more. Candidates must be proficient with belay devices, and anchors. Also, must be able to climb 5.8. Bring: Helmet, shoes, harness, carabiners, and overnight camping equipment. (Equipment will not be provided).

# RGT Raft Guide Training

Three day course

May 27-29

\$240

Staged on the Big Pigeon and French Broad Rivers, this course offers intensive training for those individuals interested in guiding raft trips. The emphasis is on basic river safety, hydrology, and proficient paddling techniques and proper skills to maneuver and negotiate various river features. Participants receive a Backcountry Institute Raft Guide Training Certificate. Bring weather-appropriate clothing and overnight camping equipment. (Camping Gear will not be provided). Students must be strong swimmers. **NO PREVIOUS EXPERIENCE NECESSARY.**

# TIC Tennis Instructor Course

One day course

May 30

\$80

How to teach a forehand to a seven-year old? Which grip do you recommend and when should you intervene to change someone's serve? We have designed a course specifically for camps. Included will be tips on how to deal with such recurring problems as managing large groups of varying skill levels on a limited amount of courts. We will show numerous drills and skill building applications that utilize a "games" approach. **SOME TENNIS EXPERIENCE NECESSARY.**

# WALT Wilderness Adventure Leadership Training

Three day course

May 20-22

\$240

Designed by the outdoor professionals at Backcountry Institute, this one-of-a-kind course meets the needs of adventure leaders in the wilderness! Frequently leaders are faced with challenging decisions that ultimately affect the safety of an entire group. We can prepare you by teaching the necessary skills while you gain the confidence necessary to be an effective leader. Topics included are appropriate delegation, packing and weight distribution, on-trail education (flora & fauna, plant ID, etc.), on-trail client care, hydration, general first-aid (hypothermia, snakebites, med. distribution), client safety, treating water, bear encounters (prevention & actual contact), cooking in the outdoors (menu suggestions), and eliminating in the woods. Most of the course will be held in the Forest so bring appropriate camping gear. Receive a Backcountry Institute Wilderness Adventure Leadership Certificate. Personal Camping Gear Required. **NO PREVIOUS EXPERIENCE NECESSARY.**

# VPC Video Production Clinic

Half day course

May 26

\$45

This course is designed specially as an introduction to video production, but videographers with higher levels of experience are welcome. You will learn and practice composing good shots, adjusting white balance, editing, and adjusting to different light conditions. We will also discuss how your camp or business can use your video to advertise and profit through sales. Bring your own Camera.