



BACKCOUNTRY INSTITUTE

A Division of Backcountry Inc.

Do Not Enter a Cabin Other Than Your Own Uninvited

Quiet Time 11pm- 7am

Must Be At Least 18 yrs old to attend

OUR MISSION

Camp Carolina has a long history of Outdoor Professional Training. The American Red Cross held the National Aquatic School at Camp Carolina beginning in 1932. In 1994 Wilderness Medical Associates taught the first of many Wilderness First Responder courses at Camp Carolina. American Camping Association began offering the Spring Potpourri here in 1998. Backcountry Institute was established in 2000. Our mission is to train and certify Outdoor Professionals seeking to improve their skills and knowledge, in order that they may run safer, more professional programs. We do this in a rustic outdoor setting, outside the comfort zones that most educational institutions provide. The food is sumptuous but the classrooms and accommodations are rustic, with many classes held in the field, on the rivers, on the lake, or along the trails. This is outdoor experiential education at its finest!

ALTERNATIVE ACCOMMODATIONS

Davidson River Campground
828-877-4910

Hampton Inn
828-883-4800

Holiday Inn Express
828-862-8900

TRANSPORTATION TO AND FROM AIRPORT

2019

OUTDOOR PROFESSIONAL TRAINING AND CERTIFICATIONS BY:

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BACKCOUNTRY REGISTRATION INFORMATION

Backcountry Institute is located at Camp Carolina in Brevard, NC. We occupy 220 acres in the Blue Ridge Mountains, and we have a small lake on-site. The dining hall seats 400 people. Our rustic cabins accommodate eight, have electricity, and a covered porch. Central bathhouses are rustic. Classrooms are casual. We cannot emphasize enough the importance of immersing yourself in this outdoor setting to get the most out of your course. The fellowship you'll experience is worth the price, which includes meals, accommodation for most multi-day course, all equipment, transportation to off-site training locations, course materials and instruction. Half day clinics include two meals; there is an additional fee for extra meals & accommodation. There is no commuter rate. Participants are welcome to set up tents on the property or stay in our cabins. Transportation to and from the course is up to the participant.

All full day and multi-day classes begin at 8:00 am with Breakfast on the first day and end by 6:30 pm on the last day, unless otherwise stated. Please check start time for clinics. Successful completion of training and testing of Recognized Governing National Bodies earns the participants the course certification. If unsuccessful in testing of the course, Backcountry Institute will issue a Certificate of Participation. Completion of Backcountry Institute Training Courses earn a Certificate of Participation.

VERY IMPORTANT RULES OF THE LAND

- No Drugs
- No Alcohol
- No Smoking
- No Individual Fire Pits

- No Littering
- Drive Slowly
- Use the Bathrooms
- Respect the Cabins
- No Swimming After Dark
- No Dogs
- No Use of Camp's Equipment Without Specific Permission

STAFF
Alfred Thompson
Director

Max Collins
Field Coordinator

COURSES AT A GLANCE
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Located at Camp Carolina in the heart of the Blue Ridge Mountains

WILDERNESS MEDICAL ASSOCIATES

WFR Wilderness First Responder

A great return on your investment - this Wilderness First Responder course offers exceptional emergency medical training by the most recognized outdoor educators in the country- Wilderness Medical Associates. This 72-hour class will teach participants how to manage medical and trauma situations in remote settings when entry into the EMS system is unlikely or delayed. Learn how to improvise with what's readily available. Explore options when medical evacuation is not an option. Topics include patient assessment, body systems, toxins, near drowning, dislocations, wilderness rescue, hypothermia, and much more. Receive a WMA three-year WFR certification. Bring weather appropriate clothing, sleeping bag, pillow, pens, a notebook, and a headlamp. Be prepared to get wet. NO PREVIOUS MEDICAL EXPERIENCE NECESSARY. Food & accommodation available at \$35 per night.

Eight Day Course

May 10-13 & May 15-18

\$750

WFR-R Wilderness First Responder Open Recertification

The Open Recertification course is open to graduates of any wilderness-based first aid training course that was at least 64 hours long and completed within 3 years of the proposed recertification option. Successful graduates of this course will receive Wilderness Medical Associates' Wilderness First Responder, Anaphylaxis, and BLS/Healthcare Provider-level CPR certifications. WMA WEMT graduates with a current EMT-B or Paramedic certificate may also recertify the wilderness portion of their WEMT with this course. For specific questions please contact the Wilderness Medical Associates, Medical Director at 207.797.6005. Proof of current certification is required at the start of the Open Recertification. Students without proof of certification or approval from the WMA office will not be eligible for WFR certification. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols, and wilderness rescue. Bring appropriate clothing for the location and time of year. Bring a sleeping bag, pens, and a notebook. Successful completion of the course will award participants with a Wilderness Medical Associates' Wilderness First Responder, Anaphylaxis and BLS-level CPR certification cards. COURSE INCLUDES CPR! Food & accommodation available at \$35 per night.

Three Day Course

May 7- 9

\$350

AMERICAN CANOE ASSOCIATION

WKI Level 4 Whitewater Kayak Instructor

This course provides essential experience for those who teach paddling skills, safety techniques and manoeuvring in whitewater to others. You'll learn valuable instructional methods with your fellow students in practical scenarios. Participants must have and display leadership, professionalism and maturity. Proficient class 3 paddling skills, strong teaching skills, and technical knowledge of the sport are required. This course begins with a three day Instructor Development Workshop (IDW). This is followed by a two day Instructor Certification Exam (ICE) to give the participant the opportunity to receive Whitewater Kayak Certification based on performance and testing. Participants who are unsuccessful at WKI have the opportunity to receive ERK. Bring water and weather appropriate clothing & camping gear, boat, helmet, PFD, paddle, and safety equipment. Low volume boats are discouraged.

Five Day Course

May 3-5, Assessment May 23-24

\$615

RESCUE 3 INTERNATIONAL

RRC River Rescue Certificate for River Professionals

An Internationally recognized water rescue certification that is written for Professional BOATERS, by Professional BOATERS. It is a fast paced, scenario based course designed to develop the ability to choose good actions when a river rescue is necessary. This curriculum is for river guides and kayakers that spend a good portion of their lives on the river in a professional capacity, and therefore have a solid base of boating and basic rescue skills already. Must show proof of adequate health insurance, be in good physical shape and be a strong swimmer in class 2+3 rapids. Professional river experience and boat handling skills required. Bring a Type III or V PFD, a rafting or kayak helmet, a wet-suit/dry suit, and thick-soled booties or tennis shoes and overnight camping equipment.

Three day course

May 6-8

\$355

AMERICAN RED CROSS

WSI Water Safety Instructor

Take one course and get two certifications. Learn how to teach life saving skills to others by becoming an American Red Cross Swim Instructor, and learn the skills necessary to efficiently and accurately teach strokes. Learn to teach the seven levels of the Learn to Swim Program, the Infant and Preschool Aquatics Program, and the Community Water Safety and Water Safety Instructor Aide courses. Bring weather appropriate clothing. Students must successfully complete a pre-course screening which includes swimming 50 yards of all strokes, butterfly (25 yards). Certifications: WSI authorization good for 2 calendar years. FIT (no expiration as long as instructors certification is maintained) MUST BE A STRONG SWIMMER TO PARTICIPATE.

Four Day Course

May 21-24

\$410

NATIONAL ARCHERY ASSOCIATION

L1A Level 1 Archery Instructor

Learn essentials in this 8 hour course, like setting up and operating a safe archery range, teaching young archers to shoot successfully, and teaching techniques. This course is ideal for archery instructors at seasonal camps or individuals who work at youth instructional programs. Other topics include group control, games, contests, and formatting for individuals and groups. Receive a 4-year certification from the National Archery Association. No experience required. Participants must provide a mailing address three weeks before the course start date so pre-course materials can be sent. NO PREVIOUS EXPERIENCE NECESSARY.

One Day Course

May 29

\$105

NATIONAL SAFETY COUNCIL

CVD Coaching the Van Driver

Many organizations mistakenly assume that van driving is no different than driving a personal car, and they expect their employees (or volunteers) to assume van-driving responsibilities without any training. The fact is that most commercial vans are very different than passenger cars – they are bigger, heavier, have larger blind spots, and require longer following and stopping distances. Training drivers to compensate for these differences can help keep them on the road and on the job. Coaching the Van Driver is a comprehensive training program that meets that need. Must show valid driving license, Insurance and bring your own vehicle. Course Includes classroom materials and one on one practical van driving experience.

One Day Course

May 13 @7pm - May 14 or May 29 @ 7pm - May 30

\$105

UNITED STATES FENCING ASSOCIATION

FIC Fencing Instructor Certification

Learn the skills and techniques necessary to execute this complex sport. Explore different teaching methods necessary to enhance and maximize your students' performance. The United States Fencing Association (USFA) is the recognized national governing body for the sport of fencing in the United States. The USFA was founded in 1891 as the Amateur Fencing League of America (AFLA) by a group of New York fencers seeking independence from the Amateur Athletic Union. The AFLA changed its name to the United States Fencing Association in 1981. The mission of the USFA is to develop fencing to achieve international success and to administer and promote the sport in the USA. NO PREVIOUS EXPERIENCE NECESSARY.

One Day Course

May 29

\$85

BACKCOUNTRY INSTITUTE

These training courses are less intensive & less expensive than the nationally recognized certifications offered at Backcountry Institute. Professional Backcountry Institute staff teach these valuable training courses. All training satisfy American Camping Association Standards, and offer participants a broad based understanding in the activities they will lead.

BKI Basic Kayak Instructor Training

If you are an experienced flat water kayaker and want to earn an instructor training 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.

One Day Course **May 30** **\$85**

CDL Commercial Driver's License

If you are transporting 15 or more passengers (excluding the driver) in North Carolina without a valid Commercial Driver's License, then you are in violation of state law. It mandates that a CDL be obtained. Backcountry Institute is now offering a course to the public that its staff has been taking for years. The hassles, complications, and red-tape have all been eliminated in this one day class. Along with general knowledge, our professional instructor will go into extensive detail about cargo vehicles, passenger vehicles, and air brakes. We will provide you with step by step instructions of how to obtain your commercial driver's license.

One Day Course **May 19** **\$95**

CTL Caving Trip Leader Training

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.

Three Day Course **May 28-30** **\$330**

FFI Fly-Fishing Instructor Training

This course is invaluable to those intending on being an instructor. Taught on our stocked trout pond, this course will address flyfishing skills and teaching techniques. The morning is 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 EXPERIENCE NECESSARY

One Day Course **May 28** **\$85**

LRF Low Ropes Facilitator Training

Nestled in a beautiful wooded 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.

Half Day Course **May 31, 9 am - 1 pm** **\$65**

MBTL Mountain Bike Trip Leader Training

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.

Three Day Course **May 19-21** **\$250**

MBI Mountain Board Instructor Training

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.

Two Day Course

May 25-26

\$170

OHTR Overnight Horseback Trail Riding Instructor Training

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 Institute 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, trail etiquette, outdoor cooking, and riding skills. Each participant is closely matched to a horse for his/her size and ability. All supplies, horses and Western saddles are provided. Bring appropriate camping gear. MUST BE AN EXPERIENCED RIDER. Camping Fees included.

Three Day Course

May 20-22

\$330

RGT Raft Guide Training

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, proficient paddling techniques and proper skills to maneuver and negotiate various river features. Bring weather-appropriate clothing and overnight camping equipment. Students must be strong swimmers. NO PREVIOUS EXPERIENCE NECESSARY.

Four Day Course

May 25 @ 5 pm - May 29

\$410

RCI Rock Climbing Instructor Training

Learn what it takes to become a competent rock-climbing instructor. This class emphasizes hands-on training with ample opportunity or 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. (Personal equipment will not be provided).

Two Day Course

May 23-24

\$250

SKTL Sea Kayak Trip Leader Training

This 3-day course focuses on the how-to's of quality leadership and instruction for those interested in leading flat water Sea 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.

Three Day Course

May 20-22

\$250

TIC Tennis Instructor Course

How do you 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.

One Day Course

May 31

\$85

WBIC Wake Board Instructor Certification

If you are a wakeboarding enthusiast hoping to transfer your personal expertise into teaching skills then this is the course for you. Come learn to safely and successfully lead a wakeboarding clinic. You will get an intensive theoretical and experiential introduction to program planning, teaching skills, technical skills, and safety management. This workshop will focus on preparing you to teach wakeboarding, and includes open water ski boat handling and exercises. SOME EXPERIENCE NECESSARY.

Two Day Course

May 21-22

\$250

WALT Wilderness Adventure Leadership Training

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, client safety, treating water, bear encounters (prevention & actual contact), cooking in the outdoors, and eliminating in the woods. Most of the course will be held in the Forest so bring appropriate camping gear. Personal Camping Gear Required. NO PREVIOUS EXPERIENCE NECESSARY.

Five Day Course

May 23-27

\$310

BACKCOUNTRY INSTITUTE 2019 COURSES AT A GLANCE

Organization	Acronym	Course Name	Dates	Cost
WMA	WFR	Wilderness First Responder	May 10-13 & 14-18	\$750
WMA	WFR-R	Wilderness First Responder Recertification / Challenge™	May 7, 9	\$350
ACA	WKI	Level 4 Whitewater Kayak Instructor	May 3-5, 23-24	\$615
RESCUE 3	WRT	River Rescue Certificate for Professionals	May 6-8	\$355
USFA	FIC	Fencing Instructor Course	May 29	\$85
NAA	L1A	Level 1 Archery Instructor	May 29	\$105
ARC	WSI	Water Safety Instructor	May 21-24	\$410
NSC	CVD	Coaching the Van Driver	May 13-14 or 29-30	\$105
BCI	BKI	Basic Kayak Instructor Training	May 30-31	\$85
BCI	CDL	Commercial Driver's License	May 19	\$95
BCI	CTL	Caving Trip Leader Training	May 28-30	\$330
BCI	FFI	Fly Fishing Instructor Training	May 28	\$85
BCI	LRF	Low Ropes Facilitator Training	May 31	\$65
BCI	MBTL	Mountain Bike Trip Leader Training	May 19-21	\$250
BCI	MBI	Mountain Board Instructor Training	May 25-26	\$170
BCI	OHTR	Overnight Horseback Trail Riding Instructor Training	May 20-22	\$330
BCI	RGT	Raft Guide Training	May 25 @ 5pm-29	\$410
BCI	RCI	Rock Climbing Instructor Training	May 23-24	\$250
BCI	SKTL	Sea Kayak Trip Leader Training	May 20-22	\$250
BCI	TIC	Tennis Instructor Course	May 31	\$85
BCI	WBIC	Wake Board Instructor Course	May 21-22	\$250
BCI	WALT	Wilderness Adventure Leadership Training	May 23-27	\$310