



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!

REGISTRATION INFORMATION

We occupy 220 acres in the Blue Ridge Mountains, and we have a small lake on-site. The dining hall seats 400 people. Our 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 courses, 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.

OUTDOOR PROFESSIONAL TRAINING AND CERTIFICATIONS OFFERED BY:

BACKCOUNTRY INSTITUTE

- BKI Basic Kayak Instructor
- CTL Caving Trip Leader
- FFI Fly-Fishing Instructor
- LRF Low Ropes Facilitator
- MBTL Mountain Bike Trip Leader
- MBI Mountain Board Instructor
- OHTR Overnight Horseback Trail Riding Instructor
- RGT Raft Guide Training
- RCI Rock Climbing Instructor
- SKTL Sea Kayak Trip Leader Training
- TIC Tennis Instructor Course
- WBIC Wake Board Instructor Cert.
- WALT Wilderness Adventure Leadership Training

CIVIL MARKSMANSHIP PROGRAM

- CRI Camp Riflery Instructor Program

NATIONAL SAFETY COUNCIL

- CVD Coaching the Van Driver

NATIONAL ARCHERY ASSOCIATION

- L1A Level 1 Archery Instructor

RESCUE 3 INTERNATIONAL

- RRC River Rescue Certificate for River Professionals

US FENCING ASSOCIATION

- FIC Fencing Instructor Certification

AMERICAN RED CROSS

- WSI Water Safety Instructor

AMERICAN CANOE ASSOCIATION

- WKI Level 4 Whitewater Kayak Instructor

SIERRA RESCUE INTERNATIONAL

- WFR Wilderness First Responder
- WFR-R Wilderness First Responder Recertification



Backcountry Institute is located at Camp Carolina in the heart of the Blue Ridge Mountains

STAFF

ALFRED THOMPSON

Director

MAX COLLINS

Field Director

AIRPORT TRANSPORTATION

Shuttle service is available to & from Asheville Regional Airport
\$15 each way
Advance notice is required

ALTERNATIVE ACCOMODATIONS

Davidson River Campground
828-877-4910
Hampton Inn
828-883-4800

Holiday Inn Express
828-862-8900

SIERRA RESCUE INTERNATIONAL

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- Sierra Rescue International. 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 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 an additional charge

Eight Day Course

May 8-16 (May 12 Day Off)

\$800

WFR-R Wilderness First Responder Recertification

The Wilderness First Responder Recertification is designed to recertify a wilderness first responder certification. We accept Wilderness First Responder certifications from WMI, WMA, WMTC, SOLO, SRI and DMM cards. Our reviews are 60-70% hands-on training. Lectures will focus on general review and bringing students up to date on the most current information. The student must pass the written WFR test and demonstrate good hands on skills to pass the course. Sierra Rescue presents skills and techniques according to practice guidelines established by the Wilderness Medical Society as outlined in the Wilderness Medical Society Practice Guidelines. This course includes an OSHA Approved CPR certification.

Three Day Course

May 5-7

\$375

AMERICAN CANOE ASSOCIATION

WKI Level 4 Whitewater Kayak Instructor

This course provides essential experience for those who teach paddling skills, safety techniques and maneuvering 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 2-4, Assessment May 20-21

\$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 5-7

\$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 20-23

\$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 26

\$105

CIVIL MARKSMANSHIP PROGRAM

CRI Camp Riflery Instructor Program

The Camp Riflery Instructor Program will provide instruction in teaching safe gun handling procedures, rifle range operation, marksmanship fundamentals, and will teach the competence to instruct youth in target rifle marksmanship. This certificate is issued by the Civilian Marksmanship Program and is valid for one year from the date of the course completion.

Two Day Course

May 22-23

\$250

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.

One Day Course

May 11 @ 7pm - May 12 or May 26 @ 7pm - May 27

\$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 26

\$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

This course provides essential experience for those who teach paddling skills, safety techniques and maneuvering 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.

One Day Course

May 27

\$85

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 2-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.

Two Day Course

May 20-21

\$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 26

\$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 28

\$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 24-26

\$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 22-23

\$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 18-20

\$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 rafting 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 23-26

\$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 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. (Personal equipment will not be provided).

Two Day Course

May 18-19

\$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 17-19

\$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 28

\$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.

Three Day Course

May 18-20

\$350

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.

Three Day Course

May 20-22

\$250

2021 COURSE OFFERINGS AT A GLANCE

BCI	BKI	Basic Kayak Instructor	May 27	\$85	BCI	TIC	Tennis Instructor Course	May 28	\$85
BCI	MBTL	Mountain Bike Trip Leader	May 24-26	\$250	BCI	WBIC	Wake Board Instructor Cert.	May 18-20	\$350
BCI	FFI	Fly-Fishing Instructor	May 26	\$85	SRI	WFR	Wilderness First Responder	May 8-16	\$800
BCI	WALT	Wilderness Adventure Leadership Training	May 20-22	\$250	SRI	WFR-R	Wilderness First Responder Recertification	May 5-7	\$375
BCI	LRF	Low Ropes Facilitator	May 28	\$65	CMP	CRI	Camp Rifery Instructor	May 22-23	\$250
BCI	MBI	Mountain Board Instructor	May 22-23	\$170	NSC	CVD	Coaching the Van Driver	May 11-12 & 26-27	\$105
BCI	OHTR	Overnight Horseback Trail Riding Instructor	May 18-20	\$330	ACA	WKI	Level 4 Whitewater Kayak Instructor	May 2-4 & 20-21	\$615
BCI	RGT	Raft Guide Training	May 23-26	\$410	NAA	L1A	Level 1 Archery Instructor	May 26	\$105
BCI	RCI	Rock Climbing Instructor	May 18-19	\$250	R3I	RRC	River Rescue Certificate	May 5-7	\$355
BCI	SKTL	Sea Kayak Trip Leader	May 17-19	\$250	USFA	FIC	Fencing Instructor Certificate	May 26	\$85
BCI	CTL	Caving Trip Leader	May 20-21	\$330	ARC	WSI	Water Safety Instructor	May 20-23	\$105