

Fall 2017/Spring 2018

Instructor Development Program (IDP)

Becoming Trip Staff with Outdoor Programs

Being an outdoor leader is more than being able to climb or paddle; it's a synergy of passion, training, and experience. IDP provides you the tools to pursue a life of adventure.

- Trainings built to be consistent with national standards and certifications
- Instructors who take the time to give you what you need
- Access to state-of-the-art facilities and gear
- Documented training and experience to build your resume
- A program dedicated to the development of up and coming leaders

Whether you want to be Outdoor Programs Trip Staff, work for camps or other adventure programs, or just looking to enhance your personal pursuits; IDP has something for everyone.

Foundations: Where it all begins

All outdoor leaders need a foundation of knowledge, skill and attitude that informs their practice and Foundations serves as the bricks and mortar. Emphasis is placed on the history and key philosophies of outdoor education, exploring how people learn and how to foster positive group experiences, understanding the role or risk and responding to emergencies, and experiencing first-hand OP trips.

Completing Foundations is simple. *First you need to let us know that you are interested in IDP - Stop by Outdoor Programs in the Student Recreation Center (SRC) and let our staff know that you are interested - Fill out an IDP Candidate Form and begin signing up for all Foundations Workshops.* At your first Foundations workshop, you will also receive a Foundations Worksheet that allows you to keep a record of your progress. All three Foundations Workshops are required. The Foundations workshops required are 1.) Introduction to IDP and History, Philosophy & Roles in Outdoor Education, 2.) Risk Management in the Wilderness Setting and 3.) Leadership and Group Dynamics.

Participation: Getting your feet wet

The next step is to participate in two of our regular day trips or one of our longer programs like a weekend trip or Fall Break Mini-Expedition. We want to make sure that you understand how OP trips run, what is expected of you as a leader, and what locations and resources we commonly use. There is no better way to achieve that goal than to experience what we do first-hand. Simply select from the menu of trips that we offer, sign up at Outdoor Programs in the SRC and show up on the day of your trip. You will be asked to record your thoughts and observations about your experience on our trips on your Foundations Worksheet. Participation in First Ascent is also a great substitute for this experience.

Essentials: Intrapersonal and leadership skills

These set of workshops take you a step further into your development as an outdoor leader. Essentials focused on the intrapersonal and leadership skills that you will need to feel confident and well-rounded as an outdoor leader. There are six Essentials Workshops offered throughout the semester. Three are required, but we highly recommend that you take all six workshops. Workshops offered include:

Outdoor Leadership, Leadership & Learning Styles, Teaching & Facilitation, Debriefing & Communication, Trip Planning & Decision Making & Judgment.

Certifications: Knowledge and skills building

Acquiring medical certifications is also a part of this process and you will need to obtain as a minimum standard. We offer all these certifications and trainings through Outdoors Programs at some of the lowest rates in the country! The schedule for courses can be found here:

<https://op.appstate.edu/certifications--trainings>

For a Trip Instructor you will need the following certifications:

- North Carolina Epinephrine Administration
- CPR/AED for the Professional Rescuer
- Wilderness First Aid (WFA)
- University Van Driver

For a Trip Leader you will need the following certifications:

- North Carolina Epinephrine Administration
- CPR/AED for the Professional Rescuer
- Wilderness First Responder (WFR)
- University Van Driver

Trip Instructor vs. Trip Leader?

Each trip has one Trip Instructor and one Trip Leader. Many trips also have 1-2 Apprentices. Trip Leaders are our more senior staff, with extensive field experience including excellent technical knowledge and outdoor leadership skills.

Apprenticeship: Time to get in the field

After completing Foundations (including your trip participation), and Essentials workshops, you are set to participate in select trips and trainings focused on a specific discipline (i.e. rock climbing, whitewater paddling, caving, sea kayaking, and backpacking.) as an Apprentice. We work with you individually to meet you at your level and you may need to take fewer or more of these courses. While we offer some of these trips and trainings during the Fall Semester, we view the Spring Semester as the best opportunity to focus on field staff development. Of course, the sooner you obtain your wilderness medicine certifications, the sooner you will be able to become an instructor or trip leader.

Okay, so you have completed Foundations, worked through an Apprenticeship (let's say in rock climbing) and you have dialed in your skills, certs, and knowledge. Sounds like you are ready for an Assessment. The final step in the process, we ask you to demonstrate practical skills. Do well in the assessment and you are now OP Staff! Throughout the year, IDP Extras Workshops and IDP Field Experiences will be offered allowing your continuous professional development as well as new knowledge in various skill development so you can move from a rock climbing instructor to a rafting instructor.

Sounds like a lot and it is and those who complete IDP walk away from their time at ASU with real leadership experience, refined judgment and the ability to make sound decisions in tough situations and having experienced some of the best adventures in the Southeast and beyond.

Still excited? We hope to see you soon!

