

WHAT IT TAKES TO BE A PSO LEADER - *A Breakdown of Requirements & Recommendations*

Course & Cost	Skills Learned	Time Commitment	More info & where to find it	Requirements	Recommendations
OLE (Outdoor Leadership Experience) <p style="text-align: center;"><i>\$60</i></p>	<ul style="list-style-type: none"> - Group facilitation - How to organize & plan a trip - Teaching outdoor skills: maps, tides, food, proper gear use, Leave No Trace ethics, & risk management, group travel 	*2-hour orientation session. *4-5 weeks of classes (2 hr/wk). *1 weekend day trip in early April. *4-day backpacking trip mid-May after graduation.	Course run by PSO, email: psound@pugetsound.edu or check out our website at: http://pugetsound.edu/outdoors	OLE is required for all PSO & Passages overnight trip leaders.	Highly recommended for those with previous professional-level trip leading or guiding experience.
Continued Training and Experience <ul style="list-style-type: none"> • Leadership skills • Outdoor Skills 	<ul style="list-style-type: none"> - <i>First Aid and Emergency Response refresher session:</i> participate in training at least once a semester. - Outdoor skills courses: Continue to advance your outdoor skills by attending evening or weekend sessions 	1.5 to 3 hours to a weekend	PSO leader webpage www.pugetsound.edu/outdoors	<input type="checkbox"/> One first aid refresher session each semester. <input type="checkbox"/> Continued training each semester.	- Leadership & Outdoor experience – it is also important that you keep your skills current by using them as a PSO leader, the leader of a club, organization or through summer work as a camp counselor or trip leader.
VDT (Van Driver Training) <p style="text-align: center;"><i>free</i></p>	<ul style="list-style-type: none"> - 15-passenger van training Includes class and on the road experience. - PSO-specific driving policies 	*1-hour class, followed by a 1-hour drive session	Held by PSO three or four times each semester. Offered as part of OLE training in May.		<u>REC.</u> Recommended for all PSO leaders, but only for those who feel comfortable and confident with their driving skills. <i>Only Van Driver Trained leaders may drive UPS vans.</i>
WVDT (Winter Van Training) <p style="text-align: center;"><i>free</i></p>	snow driving lecture & discussion hands-on snow chain installation and use session	*1-hour class session	Held by PSO between November and April (number of offered courses varies on interest levels).		<u>REC.</u> Recommended for PSO leaders with previous snow driving experience. <i>Only Winter Van Driver Trained leaders may drive UPS vans on winter trips.</i>
WTTT (Winter Travel Training Trip) <p style="text-align: center;"><i>free</i></p>	<ul style="list-style-type: none"> -basic winter backcountry awareness & safety -basic intro-level avalanche skills 	*2-hour lecture/discussion *weekend day trip to Paradise on Mt. Rainier	Held by PSO once early in spring semester, usually in late January.		<u>REC.</u> Recommended for PSO leaders leading trips November-April. <i>Only leaders with Winter Travel Training can lead backcountry snow trips.</i>
Food Handler Permit \$10 online	Required for all PSO and Passages trip leaders	45min – 1 hour	https://www.foodworkercard.wa.gov/language.html		

WHAT IT TAKES TO BE A PSO LEADER - *continued*

Wilderness Medicine

Current Certification required for all trip leaders for PSO and Passages:

- CPR
- One of the following Wilderness First Aid (WFA), Wilderness Advanced First Aid

Course/Training & Cost	Skills Learned	Time Commitment	More info & where to find it	Requirements	Recommendations
WFA (Wilderness First Aid) \$200 - \$275 <i>(cost variable by host site)</i>	- Basic Life Support - Basic Medical, Traumatic, and Environmental first aid - Course includes scenarios and other experiential teaching methods. - Wound care	*24-hour (usually 3 day) course	Course held at UPS every May. Held by Wilderness Medical Training Center, see: www.pugetsound.edu/outdoors www.wildmedcenter.com	Minimum required first aid training for all PSO & Passages overnight leaders.	For those going on or leading day: <ul style="list-style-type: none"> • Dayhikes • Short overnight backpacking trips
WFR (Wilderness First Responder) \$500 - \$750 <i>(cost variable by host site)</i>	- Basic Life Support - Basic Medical, Traumatic, and Environmental first aid - LOTS of scenarios - Experience: improvising splints, Packaging Litters, Carries, & Backboards - Wound care - First Aid Kit prep	*90-hour (usually 9 day) course	Course held at UPS every January. Held by Wilderness Medical Training Center, see: www.pugetsound.edu/outdoors www.wildmedcenter.com		Recommended first aid training for overnight leaders, especially multi-day & week trips. Those with WFR certification do not have to take WFA first. Required for trips longer than 3 days.
CPR Free- \$60	- Basic CPR	*4 hours	- American Heart Ass. - Red Cross - Free – Tacoma Fire Dept. http://www.cityoftacoma.org/File.ashx?cid=15965	yearly unless you take a CPR for Professional Rescuer	CPR for Professional Rescuer with infant, child, AED

PSO will need a valid electronic copy of all of your certifications on file to co-lead trips:

- Drivers License
- Wilderness Medical Training
- CPR
- Food Handlers training