

What is 4-H Outdoor Adventure Challenge?

The 4-H Outdoor Adventure Challenge program uses the biggest classroom available - the outdoors - to help young people develop the life skills they need to become self-directing, contributing and productive members of society. Through 4-H Outdoor Adventure Challenge, young people can learn canoeing, backpacking, kayaking, cross-country skiing, snow-shoeing, outdoor survival and safety skills. As part of these activities, they learn to deal with physically and mentally stressful situations that may occur in any setting in their lives.

4-H Outdoor Adventure Challenge also helps young people develop greater sensitivity to, understanding of and appreciation for themselves and the outdoors. They learn to communicate with their group members to plan, organize and conduct their own activities in the outdoors.

What is the 4-H Outdoor Adventure Challenge Leader Training Series?

The multisession training program is designed to train adults interested in using the outdoors to help young people develop life skills. The program includes an introduction to the 4-H Outdoor Adventure Challenge program, training in backpacking, caving, canoeing, kayaking, rock climbing, orienteering, winter activities and first aid. Adults who receive the training are expected to work with young people in the 4-H Outdoor Adventure Challenge program.

What will I get out of the training?

You will attain a level of competence in many outdoor activities and develop the confidence to work with young people in those activities.

How do I find out more?

For more information about 4-H Youth Development, the 4-H Outdoor Adventure Challenge program and the 4-H Outdoor Adventure Challenge Leader Training Series, contact your county MSU Extension office or visit:

<http://web1.msue.msu.edu/cyf/youth/challenge.html>

Or, contact the 4-H Outdoor Adventure Challenge State Coordinator Jim Harper directly at (231)258-3320 or harper12@msu.edu



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The name 4-H and the emblem consisting of a four-leaf clover with stem and the "H" on each leaflet are protected under Title 18 U.S.C. 707.

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4-H Outdoor Adventure Challenge Is . . .

. . . Adults working with young people who are backpacking, hiking, camping, canoeing, rock climbing, snowshoeing, skiing, caving, and learning outdoor safety and survival skills!



The 2009 4-H Outdoor Adventure Challenge Leader Training Series



4-H Youth Development
Children, Youth, Families and
Communities

Michigan State University Extension



What are the training requirements?

You must be at least 16 to enroll in the training series, and at least 21 to become a certified 4-H Outdoor Adventure Challenge leader. You must attend all of the required sessions and two specialty sessions, have current first-aid and CPR certification, and work with a 4-H group after you complete the training. (Please note: 4-H Outdoor Adventure Challenge is a high-stress and physically demanding activity. If there is any question about your health, be sure to consult with your doctor before applying.)

You can choose from two training series: the weekend series or the week-long series.

The Weekend Series

The following sessions are required to become a certified 4-H Outdoor Adventure Challenge leader through the weekend series:

- **Orientation** - April 24 to April 26, 2009, on the Manistee River near Manton
- **Canoeing** - Learn which one of these is best for you at orientation:
 - **Beginning** - July 17 to 19, 2009, on the Manistee River near Manton
 - **Advanced** - June 27 to 29, 2009, on the Paint River in the western Upper Peninsula
- **Backpacking** - October 2 to 4, 2009, Pigeon River State Forest near Gaylord
- **First Aid/CPR Training** - You may take first-aid and CPR training in your own community or a training can be scheduled for 15 interested adults. (Interest in scheduling a training will be determined at orientation.)

The Week-Long Series

The following sessions are required to become a certified 4-H Outdoor Adventure Challenge leader through the week-long series:

- **Orientation** - April 24 to 26, 2009, on the Manistee River near Manton
- **Canoeing, Backpacking, and Rock Climbing** - June 27 to July 5, 2009, in the central Upper Peninsula

Specialty Sessions

You must also complete any two of these:

- **Basic Coastal Kayaking** - July 31 to August 2, 2009, at Little & Big Bay De Noc near Escanaba in the U.P.
- **Rock Climbing** - September 18 to 20, 2009, near Big Bay in Marquette County
- **Caving** - August 7 to 9, 2009, in Salem, Indiana
- **Winter Camping** - February 12 to 15, 2010, Pigeon River State Forest near Gaylord

What will the training cost?

The total cost for adults attending the 4-H Outdoor Adventure Challenge Leader Training Series is \$232 (\$132 for teens aged 16 and up). A nonrefundable application fee of \$100 is due with your application. The remaining \$132 (\$32 for teens) is due by **June 1, 2009**. (Your county 4-H program may cover a portion of this cost.)

The fee covers instructional materials, meeting facilities, camping fees, group equipment costs and mileage for instructors. Each participant is responsible for the cost of his or her own food, personal equipment, and transportation to and from the training sites. Also, bring your own Personal Flotation Device (PFD) to canoeing and kayaking if you have one.

How do I register?

To register for the 4-H Outdoor Adventure Challenge leader training series, you must:

1. Complete the MSU Extension Volunteer Selection Process through your county MSU Extension office.
2. Submit a completed 4-H Outdoor Adventure Challenge (OAC) Leader Training Application Form (available online at <http://web1.msue.msu.edu/cyf/youth/challenge/challapp.pdf>) or contact Jim Harper, the 4-H OAC Coordinator at (231)258-3320 or harper12@msu.edu.
3. Mail the application and \$100 application fee (make checks payable to Michigan State University) to your county MSU Extension office. Then your county 4-H staff person will sign and forward the completed form and application fee to Jim Harper, the 4-H Outdoor Adventure Challenge Coordinator.

The deadline for everything to reach the 4-H Outdoor Adventure Challenge Coordinator is **April 13, 2009**.

