EO M325.02 – LIST THE COMPETENCIES OF AN OUTDOOR LEADER (OL)

1. **Performance.** List the Competencies of an Outdoor Leader (OL).

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall:

   a. define an OL; and

   b. list the competencies of an OL, to include:

      (1) self-awareness and professional conduct,

      (2) conflict management,

      (3) decision making, judgment and risk management,

      (4) facilitation of the expedition experience,

      (5) technical abilities,

      (6) instructional techniques,

      (7) environmental stewardship, and

      (8) program management.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Define an OL, taking into account: a. leadership, b. distinction between leadership and leaders, c. expectations of a leader, d. qualities of an outdoor leader, e. unique skill of being an outdoor leader, and f. hard and soft skill competency. **Note:** The instructor will end the TP by providing cadets with a definition of an OL.	Interactive Lecture	15 min	C2-150 (pp. 7–14) C2-153 (p. 6, p. 56–58) C2-154 (p. xvii)
TP2	Conduct an activity where the cadet will list and discuss the competencies of an OL, to include: a. self-awareness and professional conduct, to include:	In-Class Activity	40 min	C2-150 (pp. 9–22, 53–65, 122–134, 136–145)

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TP	Description	Method	Time	Ref
	(1) being self-aware; (2) being aware of one's personal abilities and limitations; (3) being mindful of all actions (intentional or unintentional); (4) managing stress; and (5) demonstrating professional conduct, to include: (a) trustworthiness, (b) flexibility, (c) approachability, (d) commitment, (e) awareness of position of authority, and (f) modelling; b. conflict management, to include: (1) communicating clearly; (2) dealing with difficult people; (3) addressing conflicts; and (4) resolving conflicts; c. decision making, judgment and risk management, to include: (1) defining decision making; (2) defining judgment; (3) anticipating problems; (4) developing problem-solving skills through experienced based knowledge; and (5) solving problems decisively; d. facilitation of the expedition experience, to include: (1) identifying the purpose of an outdoor experience; and (2) acting as a facilitator, to include: (a) defining facilitation; and (b) facilitating as an OL; e. technical abilities, to include: (1) generic competency skills, to include: (a) weather prediction, (b) wilderness first aid, (c) trip planning, (d) navigation, (e) camp skills,			C2-151 (pp. 3–25) C2-152 (pp. 47–65) C2-153 (pp. xvi–xix, 3–12, 71–73, 104–106, 211–214) C2-154 (pp. 1–6, 75–84, 173–185)

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TP	Description	Method	Time	Ref
	(f) general outdoor skills, (g) physical fitness, and (h) mental awareness; and (2) specific competency skills, to include: (a) trekking, (b) mountain biking, (c) abseiling, (d) climbing, (e) caving, (f) canoeing, and (g) kayaking; f. instructional techniques, to include: (1) developing skill lesson plans; (2) instructing expedition activities; and (3) employing experiential learning strategies; g. environmental stewardship, to include: (1) demonstrating environmental awareness, to include: (a) environmental ethics, (b) environmental literacy, and (c) parks and protected areas management, and (2) employing environmental practices, to include: (a) Leave No Trace, and (b) waste management; and h. program management, to include: (1) employing safety and risk management, to include: (a) assessing risk; (b) managing risk; and (c) developing a contingency plan; and (2) planning, organizing and managing, to consider: (a) developing trip/activity plans, to include: i. emergency management details, ii. contingency plans, iii. time control plans, iv. energy control plans,			

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TP	Description	Method	Time	Ref
	v. ration plans, vi. communication plans, and vii. equipment/resource procurement; (b) implementing the plan; and (c) managing the activity.			

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Interactive Lecture:	15 min
c.	In-Class Activity:	40 min
d.	Total:	60 min

6. **Substantiation**

a. An interactive lecture was chosen for TP 1 as it is an interactive way for cadets to define an OL.

b. An in-class activity was chosen for TP 2 as an interactive way to provoke thought and stimulate interest in the competencies of an OL within a peer setting.

7. **References**

a. C2-150 (ISBN 0-89886-502-6) Graham, J. (1997). *Outdoor Leadership: Technique, Common Sense and Self-Confidence*. Seattle, WA: The Mountaineers.

b. C2-151 (ISBN 0-7360-4709-3) Gilbertson, K., Bates, T., McLaughlin, T., & Ewert, A. (2006). *Outdoor Education: Methods and Strategies*. Windsor, ON: Human Kinetics.

c. C2-152 (ISBN 1-898555-09-5) Ogilvie, K. (1993). *Leading and Managing Groups in the Outdoors: New Revised Edition*. Cumbria, England: The Institute for Outdoor Learning.

d. C2-153 (ISBN 0-7360-5731-5) Martin, B., Cashel, C., Wagstaff, M., & Breunig, M. (2006). *Outdoor Leadership: Theory and Practice*. Windsor, ON: Human Kinetics.

e. C2-154 (ISBN 0-87322-637-2) Priest, S., & Gass, M. (1997). *Effective Leadership in Adventure Programming*. Windsor, ON: Human Kinetics.

8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**

a. Scenario,

b. Competencies of an OL information cards,

c. Expert activity sheets,

d. Competencies of an OL handout,

e. Pen/pencil, and

f. Notebook.

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10. **Test Details.** N/A.

11. **Remarks.** N/A.

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