

# OA LEADER TRAINER APPLICATION

Name \_\_\_\_\_ Class \_\_\_\_\_ Social Security # \_\_\_\_\_

- ☐ Leader Training Trip Mo/Yr: \_\_\_\_\_
 ☐ Safety Management Mo/Yr: \_\_\_\_\_  
 First Aid Certification: (indicate highest level) ☐ HEART Wilderness ☐ WMA Advanced Wilderness  
☐ WFR ☐ EMT ☐ WEMT Took Course: Mo/Yr: \_\_\_\_\_ Expires Mo/Yr: \_\_\_\_\_  
☐ CPR Expires: \_\_\_\_\_ ☐ Van Driver  
☐ Group Skills Workshop Mo/Yr: \_\_\_\_\_  
☐ Leadership and Facilitator's Workshop Mo/Yr: \_\_\_\_\_  
☐ Wilderness Leadership Workshop Mo/Yr: \_\_\_\_\_

**1. TECHNICAL SKILLS RATINGS:** Please rate your ability or knowledge in each area. On the scale 0 represents no ability and 5 represents extensive ability.

	None	Little	Moderate	Good	Extensive
<b>Minimal Impact Camping</b>	0	1	2	3	4
Camp set-up	0	1	2	3	4
Dealing with waste	0	1	2	3	4
<b>Tent/Tarp Set-up</b>	0	1	2	3	4
<b>Knots</b> Bowline	0	1	2	3	4
Tautline Hitch	0	1	2	3	4
Square Knot	0	1	2	3	4
Truckers Hitch	0	1	2	3	4
Half Hitch	0	1	2	3	4
<b>Bear Bag</b>	0	1	2	3	4
<b>Stove Use</b>	0	1	2	3	4
<b>Basic Stove Repair</b>	0	1	2	3	4
<b>Map Reading</b>	0	1	2	3	4
<b>Compass &amp; Navigation</b>					
Orienting map using land features	0	1	2	3	4
Orienting a map using compass	0	1	2	3	4
Taking a bearing	0	1	2	3	4
Walking a bearing	0	1	2	3	4
Triangulation	0	1	2	3	4
<b>Equipment - Care &amp; Use</b>	0	1	2	3	4
<b>Basic First Aid</b> Blister Care	0	1	2	3	4
Fluid Balance & Dehydration	0	1	2	3	4
Hypothermia or Hyperthermia	0	1	2	3	4
Familiarity with First Aid Kit	0	1	2	3	4
<b>Hygiene</b> Handwashing					
Pot Cleaning	0	1	2	3	4
Accident Scenario Performance	0	1	2	3	4
Safety Consciousness	0	1	2	3	4
Physical Ability	0	1	2	3	4

**Trips:** (list trip activity and location, starting date, and your role - P = participant, AL = Assistant Leader, C = Co-leader, L= Leader, LT = Leader Trainer)

Trip #	Activity/Location (Backpacking Shenandoahs or FT '90 Gap)	Starting Date	Role
1			
2			
3			
4			
5			
6			

**Other Outdoor Courses:** (NOLS, Outward Bound etc.)

Type \_\_\_\_\_ Month/Year \_\_\_\_\_

Type \_\_\_\_\_ Month/Year \_\_\_\_\_

**Special Outdoor Skills/Experience:** (Climbing, Sailing, Kayaking, etc.)

Type \_\_\_\_\_

1. What do you feel are the most important qualities of a leader trainer?

2. What teaching/leadership experiences do you have outside of OA and how do you feel they prepare you for the role of leader trainer?

3. What are your strengths as a leader?

4. What leadership areas do you need to improve?