



**Leave No Trace
Master Educator Course
Yosemite National Park
California
July 20-23, 2011**



COURSE DESCRIPTION

The Master Educator course is an extensive, four-day field course designed to train educators and others ways to practice and teach Leave No Trace skills and ethics. The course provides participants with a comprehensive overview of Leave No Trace techniques through practical application in a field setting. Students who successfully graduate a Master Educator course will receive a diploma and will be qualified to offer and teach two-day Leave No Trace Trainer courses.

During four days of training in Yosemite National Park, one of the most beautiful of the national parks, participants will learn and teach the principles of Leave No Trace. This course will be facilitated in a wilderness environment, which will allow participants to cover the standard Master Educator curriculum as well as delve into wilderness specific Leave No Trace issues and techniques.

Yosemite National Park is one of the most beautiful and beloved of the national parks. Located in the scenic Sierra Nevada Mountains, Yosemite was designated one of the first wilderness parks in the United States. The park covers 1,200 square miles of waterfalls, rugged granite outcroppings, deep valleys, and plenty of wildlife. Inhabited first by Native Americans, the Ahwahneechee, the valleys of Yosemite were formed approximately 10,000 years ago by a major glacier that carved the Yosemite Valley seen today. There are few glaciers left in the park due to climate change. Yosemite has received visitors since the mid-1800s. Today, over 4 million people enter the park creating a fine line between use and overuse of the natural resources.

This course location is a great opportunity for teachers, naturalists, park rangers, recreation planners, youth leaders, and other outdoor educators to improve Leave No Trace teaching skills while discussing the challenges of park personnel to preserve the park for future generations of visitors.

COURSE PROGRESSION

This sample agenda, which is subject to change, gives an overview of a typical progression. Topics will be added or changed depending on final enrollment numbers. Activities are dependent on terrain, course size, weather and availability of guest presenters.

DAY ONE

- Course begins @ 9:00 am, Yosemite Valley (exact location to be determined), Yosemite National Park.
- Introduction to the Master Educator Course, history of Leave No Trace, role of research in Leave No Trace, role and function of The Center for Outdoor Ethics, role and function of Master Educators, federal agency participation, etc.
- Principles of Education
- Principle One: Plan Ahead and Prepare
- The Plan for the next few days

DAY TWO

- Morning Session Begins at 8 AM
- Principle Two: Travel and Camp on Durable Surfaces
- Principle Three: Dispose of Waste Properly
- Theory of multiple intelligences
- Evening Session: Authority of the Resource

DAY THREE

- Morning Session Begins at 8 AM
- Principle Four: Leave What You Find
- Principle Five: Minimize Campfire Impacts
- Principle Six: Respect Wildlife
- Work on "Action Plans."
- Evening Session: Action Plan Presentations

DAY FOUR

- Morning Session Begins at 8 AM
- Principle Seven: Be Considerate of Other Visitors
- Wild Land / Front Country Ethics
- How to run a Leave No Trace Trainer course.
- Course Evaluations.
- Final thoughts.
- Award diplomas, course ends at 4 PM

CURRICULUM

The Leave No Trace Center for Outdoor Ethics has designated NOLS, the Appalachian Mountain Club (AMC), Landmark Learning, Wilderness Education Association, Adirondack and Ninemile Forest Service Training Center as educational providers of Master Educator Courses. NOLS brings over 40 years of experience teaching wilderness skills and leadership to the Leave No Trace Program.

Master Educator courses are informative, practical, hands-on and fun. You will learn skills and teaching techniques through lectures, skits and discussions in an outdoor setting. The course is designed for people who actively teach others outdoor skills or provide recreation information to the public and emphasizes three components:

- low-impact recreation skills
- wildland ethics
- outdoor teaching techniques

TEACHING SESSIONS

Each participant will be required to present a short (15-20 min.) class on one of the Leave No Trace principles or how it relates to a specific activity, e.g., rock climbing or mountain biking. The class can be skills oriented to the group or to a theoretical one you typically work with. Creative delivery methods are encouraged (i.e. skit, role playing, song). Although some preparation time will be available once the course has begun, plan on having your class prepared before arriving at the course location. Each participant will also present an ungraded activity (10 – 20 min.) and conduct 2 formal critiques (2-5 minutes). If you have questions regarding class presentations please refer to the teaching information on the Leave No Trace Web site www.LNT.org or contact the NOLS Leave No Trace office.

ENVIRONMENT

Yosemite National Park is located in the Sierra Nevada Mountains with altitudes ranging from 2500 -10,000 ft at the high mountain peaks. The climate during the summer can be warm to hot, with occasional rain (usually as afternoon thundershowers, especially at the higher elevations. The Yosemite Valley is at 4,000 ft elevation with normal temperatures of 87F during the day with a low of 51F at night. Our course will start in the Valley and then move into the higher elevations for the field days. The route will be determined closer to the course date based on snowpack and other environmental conditions.

Yosemite National Park is home to hundreds of American black bears; these bears have a voracious appetite. They also are incredibly curious and have an amazing sense of smell. This combination tempts them to seek our high-calorie food. Sometimes bears that routinely get our food become aggressive, and sometimes have to be killed as a result. By storing your food properly, you can prevent a bear's unnecessary death. Please note that these food storage regulations have the force and effect of federal law: Failure to store your food properly may result in impoundment of your food or car and/or a fine of up to \$5,000.



Bears will break into cars to investigate any object that smells or looks like food.

What is Food?

"Food" includes any item with a scent, regardless of packaging. This may include items that you do not consider food, such as canned goods, bottles, drinks, soaps, cosmetics, toiletries, trash, ice chests (even when empty), and unwashed items used for preparing or eating meals. All these items must be stored properly.

How to Store Your Food...

In your car

You may store food *inside* your car (out of sight, with windows completely closed) only during daylight hours. You may not leave food in a pickup truck bed or strapped to the outside of a vehicle at any time. Do not store food in your car after dark: use a [food locker](#). Remember to clear your car of food wrappers, crumbs in baby seats, and baby wipes. Even canned food and drinks must be removed from your car.



Bears can easily break into tent-cabins and tents for food. Never keep food, drinks, toiletries, or trash in your tent.

In campgrounds:

You must store all your food in food lockers. Bears may enter campsites even in your presence (see photo above), and some will even check lockers to see if they're latched.

- Keep your locker closed and latched at all times, just like you would a freezer.
- Only have the food out that you are actually using; if you're not using it, put it back into the food locker.
- Finally, treat your trash like food: keep it in your food locker or dispose of it in a bear-proof dumpster; do not leave it sitting out.

[Food lockers](#) are available at every campsite.

LOGISTICS

Camping

Camping will be available in Yosemite Valley the night of July 19th, 20th and the 23rd. Information will be sent to participants once it is confirmed.

Vehicle Permits

Vehicle permits and camping fees may be required by the National Park Service.

Food and Equipment

You will cook, travel and sleep in smaller groups of 3-4 and be together as a single group for class presentations and discussions. Camping in small groups allows participants more opportunities to learn and practice Leave No Trace techniques. Group equipment, such as stoves, shelters and cook gear will be provided by NOLS and/or the course host (refer to equipment list for details on personal equipment). Food for the field portion of the course consists of typical NOLS rations including rice, pasta, grains and cereals and a variety of snack foods. Dry staples are supplemented with fresh fruits, vegetables, nuts and cheeses. If you have special dietary needs please notify the NOLS Leave No Trace office.

Overnight Permit

The overnight Wilderness Use permit will be covered by the Park.

ENROLLMENT FORMS

The following forms are available on the NOLS website (www.nols.edu/Int click on the ENROLL tab) and must be completed and received by the NOLS Leave No Trace office prior to the start of the course:

- Course Application
- Self-Screening medical form - **including cardiac screening section**
- Insurance Form - all course participants must have some form of medical insurance
- Acknowledgement of Risk and Release form
- Teaching Session form

PAYMENT

Payment and Cancellation Policies - PLEASE READ CAREFULLY!

Course tuition is **\$830** and includes a one-year individual membership to Leave No Trace, materials and instruction. Partial scholarships are available through the Leave No Trace Center for Outdoor Ethics. Please contact the Center for details at 800-332-4100

- **TO ENROLL, A COMPLETED APPLICATION AND A \$100 NON-REFUNDABLE DEPOSIT ARE REQUIRED.**
- **THE BALANCE OF TUITION IS DUE 45 DAYS PRIOR TO THE COURSE START DATE.**
- **IF YOU CANCEL YOUR ENROLLMENT ON A COURSE FOR ANY REASON, YOU WILL RECEIVE A REFUND ONLY AS SPECIFIED BELOW:**
- **PRIOR TO 45 DAYS BEFORE THE COURSE STARTING DATE, NOLS WILL RETAIN THE \$100 DEPOSIT.**
- **BETWEEN 30-44 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 25% OF THE COURSE TUITION.**
- **BETWEEN 15-29 DAYS PRIOR TO THE COURSE STARTING DATE, NOLS WILL RETAIN 50% OF THE COURSE TUITION.**
- **LESS THAN 15 DAYS PRIOR TO THE COURSE STARTING DATE, AND ONCE THE COURSE HAS BEGUN, THERE WILL BE NO REFUNDS.**

If you transfer from one course to another:

45 or more days prior to the course starting date, there will be a \$25 processing fee

44 days or fewer prior to the course starting date, regular cancellation policies will apply.

TRAVEL & LOGISTICS

Driving from San Francisco/Bay area:

Distance: 270 mi

Time: 5-6 hours

Take I-580 east to I-205 east to Highway 120 east (Manteca) or Highway 140 east (Merced) into Yosemite National Park. Follow the Big Oak Flat Road to Yosemite Valley.

Driving from Sacramento:

Distance: 251 mi

Time: 5 hours

Take Highway 99 south to Highway 120 east (Manteca) or Highway 140 east (Merced) into Yosemite National Park. Continue straight into Yosemite Valley.

Driving from Los Angeles area:

Distance: 440 mi

Time: 7 hours

Take I-5 north (or I-405 north to I-5) to Highway 99 north to Highway 41 north (Fresno) into Yosemite National Park. Travel north on Highway 41 to Oakhurst continue on to Wawona in Yosemite. Take the Wawona Rd/HWY 41 to Yosemite Valley.

Local Airports:

From Fresno - Drive north on Highway 41 to Yosemite. Allow about 1.5 hours to the park's South Entrance or 2.5 to Yosemite Valley.

From San Francisco - Drive on Highway 580 east to Highway 205 east to Highway 120 east to Yosemite (you can also take Highway 99 south to Merced, then Highway 140 into Yosemite). Allow about four hours to the park's Big Oak Flat or Arch Rock Entrance.

From San Jose: Drive on Highway 880 north to 580 east to Highway 205 east to Highway 120 east to Yosemite (you can also take Highway 99 south to Merced, then Highway 140 into Yosemite). Allow about four hours to the park's Big Oak Flat or Arch Rock Entrance.

From Sacramento: Drive south on Highway 99 to either Highway 120 or Highway 140 east to Yosemite. Allow about 4 hours to Yosemite Valley.

EQUIPMENT LIST

GROUP EQUIPMENT (provided by NOLS and course host)

- shelters - 3-4 tents or tarps
- cook stoves and fuel
- cook pots and frypans
- cooking utensils
- trowels
- bulk water containers
- water disinfection (chemical, if you prefer a water filter please bring your own)
- first aid kits
- repair kits
- maps
- Bear Resistant Canisters while in the field

PERSONAL EQUIPMENT (provided by participant)

UPPER BODY CLOTHING

- **2 - 3 insulating layers for the upper body.** These garments should fit comfortably over each other so they can be worn simultaneously. Cotton fabrics should be avoided since they have little insulation value when wet. Synthetic fabrics such as Patagonia Capilene® or Extend® are preferred. A mid-weight and Expedition weight fleece is recommended
- **Fleece Pullover or Sweater** - any secondary layer of 100 to 200 wt. polar fleece.
- **Synthetic or Cotton T-shirt** - to wear on warm days. Lightweight polyester or Coolmax® is encouraged because it dries more quickly than cotton.
- **Wind Shirt** - Nylon wind shell, preferably with a hood, (not waterproof) that fits comfortably over all upper-body layers. Gore-Tex is acceptable.
- **Rain Parka** - Gore-Tex or other laminates are recommended. Coated nylon or waterproof breathable jackets and parkas are acceptable. Ponchos are unacceptable.

LOWER-BODY CLOTHING

- **Two insulating layers** that should fit comfortably over each other and underneath wind or rain pants. These should be medium weight base layer (long underwear) bottoms and either an expedition weight bottom or fleece pants.
- **Rain pants** - coated nylon or Gore-Tex rain pants. Gore-Tex pants may double as rain/wind pants.
- **Wind pants** - nylon shell pants.
- **Shorts** - lightweight cotton or nylon athletic shorts. These do not serve as an insulating layer.

FOOTWEAR

- **Hiking Boots** - lightweight lugged-sole hiking boots that provide sturdy ankle support. (Packs generally weigh 35-40 lbs.).
- **Camp Shoes** - sneakers or lightweight running shoes to wear around camp.
- **Socks** - 75 to 100% wool, Merino wool, heavy rag type or synthetic/wool blends. Avoid cotton blends.

- **Gaiters** - not required but strongly recommended. Gaiters with double closure (i.e.both zippers and snaps) or 2" velcro.

BACKPACKS/SLEEPING GEAR

- **Backpack** - Internal frame packs should have a volume of at least 5000 cubic inches. External frame packs should have a volume of at least 3500 cubic inches.
- **Sleeping Bag** - Down or synthetic bags with a minimum temperature rating of 20 degrees (depending on course location).
- **Sleeping Pad** - Thermarest® or closed-cell foam at least 3/8" thick.
- **Sleeping Bag Stuffsack** - compression stuff sacks are recommended for internal frame packs, and oversized stuff sacks are recommended for external frame packs.

MISCELLANEOUS CLOTHING

- **Sun hat**
- **Fleece or Wool hat**
- **Mosquito headnet**
- **Neckwarmer**
- **Fleece or wool gloves**

MISCELLANEOUS PERSONAL GEAR

- **Waterproof bag liners** - plastic trash compactor bags are sturdy and work well.
- **Personal Eating Utensils** - 1 each, cup bowl and spoon.
- **Disposable lighter or matches**
- **Water Bottle(s)**
- **Sunglasses**
- **Lip Balm and Sunscreen**
- **Insect Repellent**
- **Toilet Articles** - toothbrush, toothpaste, comb, brush, skin lotion, etc.
- **Bandanna**
- **Watch**
- **Flashlight or Headlamp**
- **Pocket Knife**
- **Notebook and pen/pencil**
- **Camera/Film**

CONTACT INFORMATION

NOLS Leave No Trace
 NOLS International Headquarters
 284 Lincoln Street Lander WY 82520
 Phone: 800-710-NOLS x2220
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“I have seen persons of emotional temperament stand with tearful eyes, spellbound and dumb with awe, as they got their first view of the Valley from Inspiration Point, overwhelmed in the sudden presence of the unspeakable, stupendous grandeur.”

– Galen Clark, guardian of the Yosemite Grant