

Course Description

Booth School of Business Sea Kayaking Expedition National Outdoor Leadership School

Features of this course:

- Location: Bahamas – Exuma Islands
- Group size: 10 participants & 2 instructors
- Minimum participants needed: 8
- Trip Duration: 6 days
- Mileage: approximately 25-30 nautical miles
- Course Dates: December 12-17, 2011
- Airport: George Town (GGT)
- Fly in: Sunday, December 11, 2011
- Fly out: Sunday December 18, 2011
- Cost: \$2,675

Course Description:

On this course, participants will have the opportunity to explore several of the magnificent islands that comprise the out islands of the Bahamas known as the Exumas. The course will start and end in George Town, Bahamas. Participants should arrive in George Town (airport code GGT) the day before the course begins and plan to leave George Town the day after the course finishes. A typical day will begin by rising with the sun and checking sea conditions to decide if travel is safe. Most days the group will paddle along the island's coastline but there will be opportunities to cross between the islands. An average paddle day covers approximately six nautical miles. In camp there will be opportunities for leadership classes and discussions, learning kayaking skills, snorkeling, and networking with peers. After six days of paddling, the group will return to George Town.

Environment

The coastline of the Bahamas is pristine, remote, and often uninhabited. Many of the plant and animal species found here are unique and highly specialized. Traveling in sea kayaks will allow us to explore the marine environment both above and below the water's surface, although there are no guarantees as to what you might see.

The weather is generally pleasant and beautiful, with cool evenings and warm days. December is not hurricane season in the Bahamas, however it is possible that wind and rain will be factors on the trip. Watching the weather, judging sea conditions, and learning about the capabilities of the group and equipment are what safe coastal kayaking is all about. There may be some days when we decide against paddling because of the weather, tides, or currents.

Trip Progression

On December 11, you will meet your instructors at 6:00 p.m. at the Palm Bay Beach Club in George Town for an evening orientation. At 8:00 a.m. on December 12, shuttles arranged by NOLS will transport you and your course mates from the Palm Bay Beach Club to the kayak and gear storage location. Upon arrival, your instructors will check and issue the equipment you will need for the course. The personal items that you have traveled with, that will not come into the field with you, can be stored at this locked storage facility for the duration of your course. The group will then load the kayaks and drive 50 minutes to Barraterre where essential safety, wet exits and re-entry skills, kayak packing, paddle stroke basics, and pod travel and signals will be taught. The group will then paddle a short distance and set-up camp for the first night.



The group will paddle in single and tandem sea kayaks to our selected sites, unload our gear onto the beach, and set-up camp each evening. We will cook our meals on small, propane burning camp stoves and sleep on the sand or cobble shore. We will carry open shelters and tents in case of bad weather or bugs, but expect to see an amazing blanket of stars each night. Each morning we will check the weather and either pack-up camp and move or spend a day onshore filling the day with classes and exploration. Some of the classes on this course may include: leadership, Leave No Trace, cooking, and kayak skills.

On day six we will return to Barraterre, clean kayaks and gear, and return to George Town. In the evening, the group will celebrate with a final banquet. Participants are responsible for arranging their own lodging on the nights of December 11 and 17.

Curriculum

NOLS instructors will play evolving roles as participants' knowledge, experience, and abilities increase during this self-contained expedition. Participants will take on increasing levels of personal and team responsibility for the technical and interpersonal—what we at NOLS call “EB” or expedition behavior—aspects of the course. NOLS instructors will provide structured briefing, debriefing, feedback, technical expertise, risk management, evaluation, classes, and participant leadership and followership opportunities. Participants will practice and develop competence in the curriculum areas described below.

Leadership and Teamwork

Participants are exposed to the theory and practice of outdoor leadership, teamwork, and expedition behavior. NOLS teaches a situational leadership that demands different decision-making styles depending on group skill, task urgency, and outcome predictability. At NOLS, expedition behavior involves commitment to the group, acceptance of others, and cooperation to achieve goals. Each participant is expected to:

- Function effectively in all four leadership roles: self leadership, active followership, designated leadership, and peer leadership
- Practice and develop competence in NOLS' seven leadership skills
 1. Continually increase technical competence in all skill areas
 2. Display strong expedition behavior by working effectively as a member of a team and serving group goals with a positive attitude
 3. Maintain flexibility, commitment, and positive attitude in the face of adversity and uncertainty
 4. Accurately identify personal strengths and areas for growth
 5. Work to understand the leader's vision and, when appropriate, develop his/her vision as a leader; follow though with appropriate action to help the group achieve its potential
 6. Employ leadership styles and decision-making strategies appropriate to the situation
 7. Effectively communicate ideas and concerns on an individual and group level
- Take responsibility for learning through setting and attaining personal goals
- Respond to problem situations using decision-making and planning skills
- Provide effective oral and written feedback
- Focus on practicing exceptional communication skills, including giving and receiving growth-oriented feedback and conflict exploration
- Increase self-awareness of personal leadership strengths and growth areas
- Make efficient and effective decisions individually and as a team
- Increase self confidence in leadership abilities
- Understand and practice the components of a positive learning environment
- Demonstrate sound expedition behavior, including commitment to group decisions and a positive attitude
- Effectively communicate and problem solve on interpersonal and group levels
- Employ leadership styles appropriate to the situation
- Practice multiple leadership styles with peers as each person navigates and leads others



Risk Management

NOLS teaches wilderness users to practice responsible habits that promote the health and safety of self and others. Each participant is expected to:

- Recognize and consistently perform appropriate techniques to reduce or avoid hazards in a remote a coastal environment
- Practice effective peer decision making to mitigate hazards
- Display sound judgment and an awareness of team and self-limits

Wilderness Skills

NOLS participants learn to live and travel in an ocean environment within a framework of personal safety and care of the environment. Each participant is expected to learn to camp, cook, and dress for a variety of conditions.

Environmental Studies

Participants will explore ethics and develop skills that value and protect the environment. Each participant is expected to practice Leave No Trace™ minimum impact camping skills.

Health Screening

NOLS will use self-screening or other medical forms to determine the appropriateness of each participant for this expedition. The NOLS Professional Training Office will do routine follow-ups and usually ask some participants to provide additional information. NOLS reserves the right to medically screen people who fall outside of NOLS medical guidelines and are at high risk by traveling in remote areas. We realize that the intent of this program is leadership and team building and that a basic goal includes participation by all team members.

Registration and Payment

Call the NOLS Professional Training at (800) 710-6657 ext. 3. Participant applications are due by September 30, 2011. A deposit of \$675 per participant is also due at this time. Full tuition balance of \$2,000 is due by November 1.

The price of the trip includes all meals starting with breakfast on the first day of the course, Monday, December 12, through dinner on the last day of the course, Saturday, December 17, all group equipment, and instruction.

Participants are responsible for accommodations the night before the trip and the last night of the trip, meals not indicated, any personal equipment that is rented from the outfitter, and any costs incurred by evacuations.

If you have any questions or concerns, please contact NOLS Professional Training at (800) 710-6657 ext. 3 or nolspro@nols.edu.

