C O U R S E D E S C R I P T I O N

Orthodox Jewish Leadership Expedition

The Expedition
The Orthodox Jewish Leadership Expedition (OJLE) is a 24-day field-based training for young Orthodox Jewish men. The OJLE graduates will reach a level of competence in the decision-making, leadership and technical skills necessary to lead wilderness expeditions on their own. OJLE will develop leadership and teamwork skills through actual leadership experiences and a comprehensive theoretical component.

The OJLE course will be run in accordance with the Jewish calendar and observance of Jewish laws. Client groups will dsignate as the primary religious leader for the program, informing NOLS administration and instructors of necessary actions to respect *Kashrut* and *Shabbat*. NOLS will ensure that an hour is set aside each morning for *T'fillah*. The end of the day will also be structured to incorporate time for *Mincha* and *Maariv*, as well as daily interactive sessions focusing on the relationship between nature, Judaism & the environment prepared especially for this program. A layover day will be scheduled for full fast on *Tammuz*. Through consistent practice of Jewish law in the complex and dynamic environment of a NOLS expedition, students will expand their ability to take responsibility for maintaining essential religious commitments throughout their lives. Through the study of religious articles, the program will foster a deeper understanding of the connections between Judaism and nature. The programs designated religious liaison will lead preparations for and activities on Sabbath.

There are significant technical and environmental challenges on every NOLS course. NOLS Instructors will play evolving roles as students' knowledge, experience and abilities increase during this self-contained expedition. Students 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 student leadership and followership opportunities.

The site of this expedition will be the Wind River Range, rugged, glacier-carved mountains in Wyoming renowned for their sheer granite walls and rugged alpine beauty. These are perfect mountains for learning skills from off-trail travel to leadership. There are sweeping expanses of rock to climb, perennial snowfields to glissade, fish to catch and snowstorms in July. During your course, you'll backpack and move camp almost daily, stopping at prime locations to fish, climb a peak, or rock climb.

You will work hard traveling over rocky, steep terrain, crossing rivers, and keeping yourself and others warm and well fed. Once you have your basic outdoor living skills mastered, you'll move into advanced curriculum such as hazard analysis and mitigation; off-trail travel techniques; individual and team leadership; as well as basic climbing and bouldering on short cliffs near camp. Non-technical peak ascents are also an option. "Alpine starts" in the pre dawn hours will help you avoid afternoon thunderstorms on exposed ridges or summits. Having a tolerance for adversity and uncertainty, a willingness to work hard, and respect for your expedition members will be critical to the success of the expedition as a whole.

During your course, you will live with two or three other students in a "cook" group. These small groups help disperse our impacts on the land and enable you to master the art of backcountry cooking and living.

OJLE Outcome Objectives

Each NOLS course varies according to environmental challenges presented by the year and specific route conditions. Working with these variables, OJLE students will practice and develop competence in the curriculum areas described below.

Leadership and Teamwork

Students 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 students is expected to:

- Function effectively in all four leadership roles: self-leadership, active followership, designated leadership and peer leadership.
- Engage in and support a positive learning environment with their peers as each person navigates and leads others in a remote mountain environment.
- Respect and practice the tenants of Jewish law.
- Practice and develop competence in NOLS' seven leadership skills
    1. Continually increase technical competence in all skill areas
    2. Demonstrate sound expedition behavior, including commitment to group decisions and a positive attitude
    3. Maintain flexibility, commitment and positive attitude in the face of adversity and uncertainty
    4. Increase self-awareness of personal leadership strengths and growth area
    5. Work to understand the leader's vision and when appropriate develop your vision as a leader; follow through 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 and problem-solve on interpersonal and group levels
- Take responsibility for learning through setting and attaining personal goals
- Respond to problem situations using decision-making and planning skills

Risk Management

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

- Recognize and consistently perform appropriate techniques to reduce or avoid hazards in a remote mountain environment, e.g., rockfall, weather, river crossings, etc.
- Practice effective peer decision-making to mitigate hazards
- Display sound judgment and an awareness of team and self-limits
- Learn the first aid skills necessary to support a patient until help arrives

Wilderness Skills

NOLS students learn to live and travel in mountains within a framework of personal safety and care

of the environment. Each student is expected to:

- Live comfortably in a mountain environment, learn to camp, cook, and dress for a variety of conditions
- Travel competently in mountain terrain using map and compass skills, off-trail navigation, hazard evaluation, route-finding techniques, bear camping and river-crossing techniques
- Accurately assess skills, strengths and endurance in self and others and conservatively apply those limits to given situations
- Develop planning and organizational strategies to stay safe and comfortable in adverse environmental conditions during Sabbath.

Environmental Studies
Students will explore ethics and develop skills that value and protect the environment. Each student is expected to:

- Practice Leave No Trace™ minimum impact camping skills
- Learn about local ecosystem's flora and fauna, geology, and history
- Understand local land management and cultural issues

Student Independence and Independent Student Group Travel
On all NOLS courses, students will be independent (unaccompanied by instructors) at various times. This will include time in and around camp such as while cooking or performing camp chores. Instructors may allow students to travel away from camp. Students often have some independent unsupervised time at the NOLS Rocky Mountain the day before their course starts. Students will be unsupervised at the Riverton airport on departure days.

This course emphasizes the development of skills that permit you to be self-sufficient in remote backcountry areas. Our teaching progression for accomplishing this is carefully planned and executed. Initial travel groups, four to six students, will include an instructor who will teach travel skills and leadership. As you gain proficiency with map reading, route finding, and hazard evaluation, the instructor allows you to take on more decision-making responsibility. When you demonstrate the necessary competency, you may travel in student-led groups without instructors as you hike from camp to camp. We call this daily independent student travel and it is an effective educational tool. It allows you to practice travel skills and leadership and gives you responsibility for the outcome while still having indirect supervision by instructors and the benefit of the NOLS support systems.

This course will likely culminate in a Student Expedition. With instructor oversight, student expedition groups (usually four to six students each) select leaders, then plan and execute a multi-day independent student-led expedition. Students are aware of where the instructors and the other student groups are planning to travel and camp. The instructors with emergency communication capability may be up to 24 hours away from the students. Our students often say the student expedition was the highlight of their course.

Weather and Other Challenges
Mountain weather is capricious. On any given day, temperatures may range from below freezing to sweltering. Afternoon thunderstorms are common and can be violent. You may experience snow, hail, and rain, as well as long stretches of sunny, blue skies. Travel in the mountains can be tough. Sometimes, you'll bushwhack through thick forests or scramble around boulders the size of refrigerators. Rivers are icy from snowmelt and can be difficult or impossible to cross. You'll traverse

steep slopes of snow, loose rock, or grass, and grunt up high mountain passes. There will be times when you will wish you were somewhere else, but the hard work is worth it! There's nothing quite like taking your pack off at the top of a pass, feeling the wind dry the sweat off your back, and looking down at miles of new country opening up before you. It's exhilarating! Camping may involve dealing with swarms of mosquitoes and hanging your food to keep it away from bears or other animals. You'll be miles from the amenities of civilization. Telephones, ambulances, and hospitals may be several days away. Bear avoidance techniques while camping and traveling will be integrated into this course. Precautions against bear encounters may decrease the opportunities for solitude and privacy. This course will protect all food and attractants from bears. Other bear avoidance tactics include meticulously maintaining cleanliness at the cooking sites and making loud calls to warn bears of your presence.

Identifying and managing hazards will be a constant theme in our instruction. You'll be miles from the amenities of civilization. Telephones, ambulances, and hospitals may be several days away. Managing risks and assuming responsibility for yourself and your colleagues will help make your expedition in this wild and beautiful place healthy and fun.

The group will learn to work together, and as you learn about and depend upon each other for safety and comfort, strong friendships can develop. Learning to be a contributing member of an expedition can be a challenge with immense personal rewards. Leadership and teamwork will be stressed on this course. It takes a lot of commitment to the group and a willingness to set aside personal goals at times for an expedition to succeed. Just as you need to be physically fit you also need to be mentally ready to take on the challenges and have a blast.

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Fitness Recommendations

Almost continual sunlight provides for long, busy days; your fitness goals should focus on being able to sustain a moderate level of exertion for hours on end rather than "quick sprint" fitness.
Focus on a well-rounded routine that emphasizes stamina, endurance, flexibility and strength. Finally, don't ignore the need for balance; this will serve you well in the moraine and boulder fields where the ability to quickly find your center of balance as you move from one step to the next will enable you to dance, rather than stumble your way through. Play with it. Good luck, and have fun!

Dr. Phil Watts, exercise physiologist at Northern Michigan University, has conducted research in conjunction with NOLS mountaineering courses in the North Cascades. The results of this study, in consideration of established principles of physical conditioning, have enabled development of the following general guidelines, which should be helpful in evaluating and improving your physical condition if necessary.

Aerobic (or endurance) capacity is a major factor in mountain travel and most course activities. An individual should have an aerobic capacity that would enable him/her to **run 1.5 miles in 11 minutes or less** to be well conditioned for extended mountaineering at moderate altitudes. Another useful assessment guideline is an individual should be able to **run 5-6 miles in 40-55 minutes** or less three times a week.

If you recognize a need for additional aerobic conditioning, begin at least 8-10 weeks prior to the start of the expedition and adhere to the following **F.I.T.T.** principle:

- **F**requency -Exercise 3-5 times per week.
- **I**ntensity -Exercise at about 60-80% of maximum effort. Use the "talk test;" if you are breathing so hard that you can't converse with a partner, you're working too hard - slow down a little.
- **T**ime - Exercise sessions should involve an expenditure of about 300-600 calories per session. That's approximately the equivalent of:
  - 3-6 miles of jogging;
  -10-25 miles of bicycling over rolling terrain;-20-60 minutes of other aerobic activities such as cross-country skiing, swimming, etc.
- **T**ype - The activity selected should be "total-body" - involving the large muscle groups - and should be rhythmical and continuous; it should not be conducted in spurts like sprints and many team sports.

Progress gradually to avoid over-stress and injuries. Work on **T**ime (duration) first, and then begin to increase **I**ntensity.

Flexibility (range of motion) exercise is also important and should involve stretching for all muscle groups. Select a number of stretches for all areas of the body. Stretch "easy" -don't bounce or over stretch. Maintain each stretch for 10-20 seconds and don't hold your breath or strain. You should feel tension not pain. Stretching should be done before and after each exercise session.

Developing adequate upper body muscular fitness for your expedition can be relatively simple. Select a number of basic exercises for the upper body and abdominal areas such as push-ups, pull-ups, rope climbing, sit-ups, etc. Perform as many repetitions of each exercise as you can, resting between each exercise, then repeat. Do this basic workout three times per week or on alternate days. If you prefer working out with weights, follow the directions for the equipment you will be using or consult a reputable physical fitness text. Use strength training to supplement your aerobic program, not as a substitute for it.

While everyone has a certain amount of energy stored in the body as fat, excess body fat will increase the work intensity of all activities promoting early fatigue. Assessment of relative body fat usually requires one of several laboratory procedures and may not be available to many individuals. If you think you are significantly overweight, consult your physician about this well in advance of your course. Crash dieting would be a poor method of losing weight before your course. A good program of aerobic exercise, as described above and improved nutritional habits will usually suffice.

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