

# **National Outdoor Leadership School (NOLS) of India**

## **Course Objectives – Trip Leader Course**



Each course is unique due to variables such as route, group dynamics, fitness levels, environmental conditions and logistics. Working within this context, it is our intent to accomplish the following objectives in four basic areas.

### **SAFETY AND JUDGEMENT**

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

- Consistently demonstrate awareness of the mountain hazards encountered by the expedition, including rock fall, river crossings, boulder fields and steep terrain.
- Consistently demonstrate awareness of personal limits in a Himalayan environment, with particular consideration for the remoteness of the expedition.
- Describe an emergency plan for a remote expedition.
- Use experience and developing judgement to implement sound decisions and follow them through completion
- Consistently perform specific techniques taught on the course to reduce or avoid hazards
- Demonstrate the ability to perform basic first aid to support a patient until help arrives

### **LEADERSHIP AND TEAMWORK**

Students are exposed to the theory and practice of outdoor leadership, teamwork and expedition behavior. At NOLS, expedition behavior involves commitment to the group, acceptance of others and cooperation to achieve goals. Each student is expected to:

- Work effectively as a member of a team, displaying a positive attitude despite hardship
- Effectively communicate ideas and concerns on an individual and group level
- Accurately identify personal strengths, skill and areas for growth as a developing outdoor leader
- Take responsibility for learning by setting and attaining personal goals
- Use abilities and initiative in a teaching/leadership role with peers
- Balance personal goals with those of the group
- Respond to problem situations using decision-making and planning skills

### **OUTDOOR SKILLS**

NOLS students learn to live and travel in the mountains within a framework of personal safety and care of the environment. Each student is expected to:

- Consistently minimize impact upon the environment while camping and traveling
- Live comfortably in the Himalayan environment: learn to camp, cook and dress for a variety of conditions
- Travel and navigate competently during the course
- Participate in the logistical preparation necessary for an expedition such as this including: route planning, equipment selection and food rationing
- Display basic natural history observation and interpretive skills

### **ENVIRONMENTAL AWARENESS**

An integral part of every NOLS course is to raise students' awareness of their impact on the natural world. Each student is expected to:

- Use basic observational and interpretive skills to demonstrate an understanding and respect for the course environment
- Discuss the history, facts and potential solutions to pertinent issues
- Reflect upon the transference of wilderness ethics and practices into daily personal and professional life