



Outside Hour Opportunities

There are two ways to get outside hour points.

- 1) Attend a professional class/training. Get 1 point/hour. (Get written documentation) This is the ideal way to meet your outside hour requirements. (eg. Wilderness first aid course, OPD class)
 - 2) Go on a trip. Get 1/4 point per hour. Get documentation and WRITE A 2 – 4 pg critique, focused on leadership (what worked, what didn't, how you would improve, etc).
- Document your participation. If you have questions about something that might qualify, ask me. The goal here is to provide you with additional exposure to outdoor leadership experiences.
 - You will have until December 8th to complete this aspect of the course. My strong recommendation is to GET STARTED NOW.

Here are a few options. PLEASE share with the class any opportunities that you are aware of.

WILDERNESS FIRST AID CLASSES

We have one here at SSU on Sept 1-2. Cost is \$80 (cheap). Just a few spaces left so see Rocky asap. This is THE BEST way to meet your outside hour requirement!

FIRST AID CLASSES <http://www.sonomacounty.redcross.org/>

OUTDOOR PURSUITS (ODP)
<http://www.sonoma.edu/campusrec/adventure/odp/>

ROCK CLIMBING (AT VERTEX) <http://www.climbvertex.com>

REI <http://www.rei.com/stores/santarosa/index.html>

UCSF Outdoor Programs <http://www.outdoors.ucsf.edu/programs/>

Bay Area Wilderness Training <http://www.bawt.org/>

Sequoia Paddling Club <http://www.sequoiapc.org/>

Rock Ice Mountain (RIM) Club

Email rim@hoodmountainadventures.com or call 1-888-HMA4FUN (462-4386) or 707-824-054