



Outings Extranet: Training

"Safe, Happy and Inspired"

Outings Extranets

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Outings Leader Training - Basic (OLT 101)

Self Assessment Key

1. Which of the following is a primary goal of Sierra Club Outings?
 - a. Take as many people as possible on hikes.
 - b. Support the Sierra Club mission by connecting people with the natural world.**
 - c. Restrict outings to members only.
 - d. Make money from outings participants.

2. There are several national volunteer committees that support local leaders and outings chairs. These include the Outdoor Activities Governance Committee (OAGC), the Outdoor Activities Training Committee (OATC), the Outdoor Activities Medical Advisory Committee (OAMAC) and the Mountaineering Oversight Committee (MOC). Which of the following Outdoor Activities programs receive support by the aforementioned committees
 - a. National Outings Programs
 - b. Group and Chapter Outings Programs
 - c. Inner City Outings Programs
 - d. All of the Above**

3. A "restricted" outing requires following specific rules when planning and conducting them. Which of the following are "restricted" outings?
 - a. Mountaineering and rock climbing
 - b. Simple backpack trips
 - c. Challenge courses (i.e. High and low ropes courses)
 - d. International outings
 - e. a, c, d**

4. What resources are available to help trip leaders incorporate conservation into their outings program?
 - a. Outdoor Outreach Guide for Outings leaders
 - b. Invitation to Advocacy brochure
 - c. [Outdoor Outreach website](#)
 - d. All of the above**

5. Which of the following should be included in trip planning?
 - a. Trip location, route, and required gear
 - b. Participant profile (e.g., skills and gear required)
 - c. Safety management planning
 - d. Entity approval and publicity
 - e. All of the above**

6. When preparing a safety management plan before a trip, a leaders should:
- Write down the location of the nearest hospital.
 - Note the locations of ranger stations.
 - Find out what agency is responsible for search and rescue.
 - d. All of the above.***
7. Under the Americans with Disabilities Act (ADA) leaders must consider all of the following criteria when screening a participant, **except**:
- Can the person take part on the outing without the Club incurring excessive cost or effort to allow participation?
 - b. Will other participants feel uncomfortable?***
 - Can the person take part on the outing without endangering their own safety or the safety of others?
 - Can the person take part on the outing without fundamentally changing the nature of the activity?
8. What criteria might a leader use to screen participants?
- Fitness - this includes conditioning/stamina
 - Experience - technical expertise
 - Equipment - being able to obtain necessary equipment to participate in the outing safely
 - d. All of the above***
9. If carpooling is to occur, what must the leader do:
- Make sure passengers are divided up equally between cars.
 - Ensure that drivers have proof of insurance.
 - c. Advise participants in advance that carpools are a private arrangement and that the Club will not assume responsibility for carpools.***
 - Determine who should drive based on driving records.
 - a, b, d
10. All outings participants MUST sign a liability waiver except on outings on which waivers are prohibited by a government land agency regulation. In these cases,
- Participants don't have to sign anything; the government takes responsibility for them.
 - Leaders are not allowed to lead hikes in the area.
 - A government agent must lead the hike.
 - d. All outing members must sign an Acknowledgement of Risk Form in place of a Liability Waiver.***
11. A Minor Release form is necessary for:
- All participants under the age of 21.
 - b. All minors (those under the age of 18) who travel without a parent or guardian.***
 - Only for Inner City Outings.
 - Only for National Outings.

12. On the trail, which of the following is appropriate trail protocol?
- The sweep keeps track of the route and sets an appropriate pace.
 - Cut between switchbacks if you see your participants are getting tired.
 - Leaders should always stop at trail junctions and ensure the group members behind you know which way to go.**
 - The point brings up the rear and ensures that no participant is left behind.
13. What is the first thing to do in an emergency situation?
- Call 911.
 - Move the injured out of harm's way.
 - Survey the scene to determine what happened, scene safety and number of patients.**
 - Perform triage.
14. In an emergency situation, the role of the "primary" leader is:
- Administer first aid.
 - Supervise first aid.
 - Address the needs and safety of the entire group, manage resources, and coordinate evacuation plans.**
 - Go for help.
15. Sierra Club protocol concerning lost participants states:
- If it is dark, the leader will search for the participant; the assistant leader will stay with the group.
 - A search for lost participants will not begin after dark unless there is good cause for alarm, and searching will not begin (or resume) until 8 am the next morning.**
 - Other participants are NOT allowed to search for those who are lost.
 - Only one participant may be sent out to search for the lost participant.
16. If a participant is truly disruptive to the progress or safety of an outing,
- The participant may be sent back alone to the trailhead.
 - The leader must continue with the outing but segregate the disruptive person.
 - The leader may remove the participant from the outing and should have someone escort him/her back to the trailhead.**
 - The participant may be left at the next trail crossing.
17. When a participant leaves an outing early, he/she should:
- Initial the "Early Sign-Out" column of the sign-in sheet.**
 - Not be allowed to join future outings, because he/she can't seem to finish.
 - Leave quietly so other participants don't see them.
 - Be given a map and a compass so they can return to the trailhead.
18. An incident report must be filed for:

- a. All injuries, even minor scratches and blisters.
- b. Lost participants
- c. Disruptive participants
- d. Any illness or injury that could have future complications or require medical attention after the outing.**
- e. b and d

19. At the conclusion of the outing, the leader should *primarily* :

- a. Collect donations for the Sierra Club.
- b. Assure all participants are accounted for, offer advocacy or Sierra Club brochures, and thank them for their participation.**
- c. Get phone numbers of any dating prospects.
- d. Lecture participants on the importance of becoming advocates.

20. At the end of the trip, liability waivers:

- a. Must be kept by the leader for 3 years.
- b. Must be sent to the National Outings Office.
- c. Must be sent to the entity chair.**
- d. Can be disposed of 24 hours after the event.

21. Additional information can be found :

- a. In the Sierra Club Outings Leader Handbook
(<http://clubhouse.sierraclub.org/outings/Handbook/index.asp>)
- b. In the Training Extranet
(<http://clubhouse.sierraclub.org/outings/training/>)
- c. From your Outings Chair
- d. All of the above**

22. For the Club's insurance policy to cover an outing, which of the following criteria MUST be met?

- a. The person must be a paid employee of the Sierra Club.
- b. The outings must have been officially authorized or sponsored by the Club or one of its entities.**
- c. The leader must have WFA (wilderness first aid) training.
- d. The trip participants may not leave the continental US.

23. According to the Outings Leader Handbook, a leader must carry a first aid kit:

- a. Appropriate for the activity.**
- b. Large enough to serve all participants on the trip.
- c. Only if no one else carries one.
- d. Only on wilderness trips.

24. During the "trailhead talk", leaders should :

- a. Ensure all participants have proper gear, food, and clothing.
- b. Inform participants which leader is in charge of first aid.
- c. Describe the route plan and trail conduct.
- d. All of the above.**

25. According to "Leave No Trace" principles:

- a. Participants should bury all trash near their campsites so it can't be seen.
- b. Cooking utensils should be cleaned on the edge of the water up river from swimming areas.
- c. All trash, leftover food, and litter should be packed out.**
- d. Leftover food should be fed to area wildlife.

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Sierra Club Outing Department

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