**Mt Mamas Assistant/Lead Guide Qualifications**

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|  | **ASSISTANT** |  |  | **LEAD** |  |  |
| **Activity** | **First Aid/CPR Certification** | **Other Certifications** | **Experience in Activity** | **Wilderness First Responder + First Aide/CPR Certification** | **Other Certifications (in addition to Assistant Guide qualifications)** | **Experience in Activity (in addition to Assistant Guide qualifications)** |
| **Backpacking** | X |  | 1 prior backpacking trip last 2 yrs; ability to demonstrate use of cooking stove and can manage meal prep and tent set up; Hiked Mt Timpanogos (or equivalent) without much difficulty or symptoms of Altitude Sickness last 2 yrs; Can list signs of Altitude Sickness | X |  | 3 prior backpacking trips (one multi-night) in the last 5 yrs; 20 hrs experience guiding activity; Teaches and can recognize signs and symptoms of Altitude Sickness, Exposure, and Evacuation techniques |
| **Canoeing** | X |  | 2 prior canoe trips last 5 yrs and be able to teach proper paddling techniques; Demonstrate how to flip back a turned over or submerging canoe, pull participant into canoe who has fallen out | X | Swift Water Rescue (optional) | 20 hrs experience guiding activity |
| **Canyoneering** | X |  | 2 prior Canyoneering trips last 5 yrs; comfortable rappelling and setting up rappels; pass off ACA Core guidelines selected for assistant guide  | X |  ACA Aprirant (optional) | 5 prior Canyoneering trips in the last 10 yrs; can set up various releasable anchor systems including Biner Block, 8-block and Fiddlestick; experience leading climbs through wet canyons; complete all ACA Core skills;  20 hrs experience guiding activity |
| **Caving** | X |  | 1 prior horizonal cave last 5 yrs (non-commercial); Understand caving etiquette | X |  | 4 prior caves; ability to set up rappels or handlines for safety;  20 hrs experience guiding activity |
| **Cross Country Skiing** | X |  | Can demonstrate proper technique and ski 1 mile without difficulty last 2 yrs; Taken Avalanche Awareness Course | X | Avalanche Course Annually | Can ski proper technique and teach comfortably; ski 2 miles without difficulty;  20 hrs experience guiding activity |
| **Downhill Skiing** | X |  | Current Intermediate to Advanced Skiier; Demonstrate down hill ski techniques: Sliding on snow, Snowplow, Snowplow turn, Getting up after a crash, Christy turn, Parallel ski; Taken Avalanche Awareness Course | X | Avalanche Course Annually | Experience teaching basic ski techniques, including the Wedge, Christy and Parallel;  20 hrs experience guiding activity |
| **Hiking** | X |  | Hiked Mt Timpanogos last 2 yrs (or equivalent) without much difficulty or symptoms of Altitude Sickness; List symptoms of Altitude Sickness | X |  | Hiked Mt Timpanogos or equivalent in the last year; Teaches and can recognize signs and symptoms of Altitude Sickness, Exposure, and Evacuation techniques;  20 hrs experience guiding activity |
| **Kayaking** | X |  | 2 prior kayaking trips last 5 yrs; ability to perform and instruct forward, reverse, sweep and draw strokes; ability to assist in getting participant into kayak out of water if needed in emergency; assist participants in getting kayak upright if kayak flips over; demonstrate use of rescue rope | X | Swift Water Rescue | Has assessed body of water recently before to evaluate conditions and hazards; 20 hrs experience guiding activity |
| **Mt Biking** | X |  | Have Mt Biked 13 mile trail with confidence going up and down steep sections last 2 yrs; Can change flat tire on the trail | X |  | Comfortable teaching and demonstrating Mt Biking Techniques;  20 hrs experience guiding activity |
| **Mt Yoga** | X |  | Taken a yoga class; Understand how to do basic poses, breathing techniques, balance and stretching safety | X |  | Accredited with National Organization; 20 hrs experience guiding activity |
| **Paddleboarding** | X |  | Paddle-boarded 2 times; Paddleboard standing, sitting, kneeling; Rescue person in water; Demonstrates proper paddling techniques; Understands water safety and etiquette | X |  |  20 hrs experience guiding activity |
| **Rafting** | X |  | 2 prior rafting trips last 5 yrs; be able to teach proper paddling techniques;demonstrated how to successfully bring raft to shore with difficult banks and exits;demonstrated how to pull participant into raft; Demonstrate use of Rescue Rope; experience steering raft through Class III rapids | X | Swift Water Rescue (optional) | Demonstrate use of Rescue Rope; has floated river for trip before recently to evaluate conditions and hazards;  20 hrs experience guiding activity |
| **Rappelling** | X |  | 2 prior rappels last 3 yrs; demonstrate how to fireman belay and set up rappel device safely | X | BSA Certification (optional) | Can demonstrate how to set up anchor system and top belay safely; 20 hrs experience guiding activity |
| **Road Biking** | X |  |  Knows parts of a bike; Carries spare parts and extra gear; Knows basic maintenance and adjustments for road bikes; Can change a tire on route; Knows bike laws, safety and etiquette; Demonstrates proper riding positions and techniques; Wears proper bike attire; Has biked 20 miles in last year | X |   |  Demonstrates navigational skills; Demonstrates advanced riding skills; Has biked 50 miles in the last 1 yr;20 hrs experience guiding activity |
| **Rock Climbing** | X | Certified in belaying from climbing gym in the last 2 years | Safely belay and teach belaying with ATC and GriGri devices; Tie Figure 8 follow through and on a bight; Can verbalize safety checks and communication prior to climb | X | BSA Certification (optional) | Climb up to 5.10 climbs confidently; Lead Climb to 5.9; Set up top rope and lead climb anchor systems; comfortable teaching use of belay devices; 20 hrs experience guiding activity |
| **Snowboarding** | X |  | Current Intermediate to Advanced Snowboarder; Demonstrate snowboarding techniques: Leaf turns, stopping, carving, getting on and off the lift; Avalanche Awareness Course Annually | X |  | Avalanche Level 1  Course; Experience teaching basic snowboarding techniques: Leaf turns, stopping, carving, getting on and off the lift;20 hrs experience guiding activity |
| **Snowshoeing** | X |  | 1 prior snowshoeing trip last year; able to snowshoe 2 miles without difficulty; able to perform and teach all snowshoeing steps and techniques; Take Avalanche Awareness Course | X | Avalanche Level 1 Course Annually | 4 prior snowshoe trips and confidence with steep up and downhill slopes on snowshoes; 20 hrs experience guiding activity |
| **Survival Skills** | X |  | Experience using different fire-starting and shelter building methods; Can identify edible plants | X |  | Be able to start a fire using 2 fire-starter techniques; can build 2 different types of shelters that can withstand precipitation and moderate winds; 2 years experience in activity |
| **Trail Running** | X |  | Can run 5K; Knows Trail etiquette (right of way); Knows AMS (acute mt sickness symptoms) | X |  | Can run 5K on trail; Demo how to treat athletic injuries; Demo basic trail-finding skills/use of topo maps; 20 hrs experience guiding activity |

**CERTIFICATIONS:**

**First Aid/CPR/AED –**

Bryan Nelson PA (In person course taught to Mt Mamas in Sept)

American Red Cross (MUST have an in person component)

[https://www.redcross.org/take-a-class/classes/adult-first-aid%2Fcpr%2Faed-online/a6R0V0000015FV3.html](https://www.redcross.org/take-a-class/classes/adult-first-aid/cpr/aed-online/a6R0V0000015FV3.html)

**Wilderness First Responder –**

12 Finger ($400 72 hr in person)

<http://www.12fingeradventure.com/wilderness-medicine.html>

Wilderness Medicine of Utah ($550 74 hr in person valid 2 yrs; recertification $300 24 hr in person)

<https://wmutah.org/collections/wilderness-first-responder-courses>

EMT Utah ($450 valid 3 yrs)

<https://www.emtutah.com/ch_courses/wilderness-first-responder/wilderness-first-responder-course/>

**Belay/Climbing Certification –**

Momentum ($29  1 hr in person class)

<https://www.momentumclimbing.com/sandy/learn/#xp1>

12 finger ($75 3 hr in person class)

<http://www.12fingeradventure.com/rock-climbing3.html>

The Front ($39 45 min in person class)

<https://frontslc.com/ws/climbing-classes/>

**Rapelling Certification –**

Quarry ($49 2 hr in person class)

<https://app.rockgympro.com/b/widget/?a=offering&offering_guid=ea0a3bb6db854e7e97333823f0cc3529&random=5edb0e06b88a6&iframeid=&mode=p>

**Canyoneering Certification –**

Quarry ($99 or $59 for 2; two 2 hr in person classes)

<https://app.rockgympro.com/b/widget/?a=offering&offering_guid=77980d07b7fd47918358e70da7a87694&random=5edb0db1554b2&iframeid=&mode=p>

12 Finger (Intro- $99; 3-4 hr in person; Canyoneering 1- $149 full day)

<http://www.12fingeradventure.com/canyoneering.html>

ACA (free individual classes on techniques; tues/thurs 530pm)

<http://www.canyoneering.net/events/>

**Rafting Course –**

OARS ($1599 6 days on river)

<https://www.oars.com/adventures/upper-green-river-rowing-clinic/>

River Runners ($500 2 weeks)

<https://whitewater.net/raft-guide-training-utah/>

**Avalanche Awareness Course –**

Mt Mamas (taught FREE in December)

12 Finger ($99 1 evening and 1 day in the field)

<http://www.12fingeradventure.com/avalanche-training2.html>

REI (free if they hold one in Utah)

<https://www.rei.com/events/43592/avalanche-awareness>