**Mt Mamas Assistant/Lead Trip Leader Qualifications**

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|  | **ASSISTANT** |  |  | **LEAD** |  |  |
| **Activity** | **First Aid/CPR Cert-ification** | **Other Cert-ifications** | **Experience in Activity** | **Wilderness First Responder + First Aide/CPR Cert-ification** | **Other Cert-ifications (in addition to Assistant Guide quali-fications)** | **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) | Can perform and teach rescue techniques; has spent 40 hrs on specific body of water instructing on; 20 hrs experience guiding activity |
| **Canyoneering** | X | ACA Sovereign/ Aspirant | Assistant Level 1-5 prior Canyoneering trips; complete Lecture, Knots, Anchors, Rope Skills and Swimming Skills; equiv ACA SovereignAssistant Level 2 - 10 prior Canyoneering trips; complete Lecture, Knots, Anchors, Rope Skills and Swimming Skills; equiv ACA Aspirant | X | ACA Assistant Trip Leader/Trip Leader | 25 prior Canyoneering trips; Led 6 canyons;  in the last 10 yrs; complete Lecture, Knots, Anchors, Rope Skills and Swimming Skills; equiv ACA Assistant Trip Leader/Trip Leader; 20 hrs experience guiding activity |
| **Caving** | X |  | 1 prior horizonal cave last 3 yrs (non-commercial); Understand caving etiquette | X | SRT Level 2 (Timp Grotto) | 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; Can ski black diamond level comfortably; 20 hrs experience guiding activity |
| **E Biking** | X |  | Knows parts of a bike; Carries spare parts and extra gear; Knows basic maintenance and adjustments for E-bikes; Can change a tire on route; Knows bike laws, safety and etiquette; Has biked 10 miles in last 2 years | X |  | Demonstrates navigational skills; Demonstrates advanced riding skills; Has biked 20 miles in the last yr;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 tow participant in kayak in various ways; assist participants in getting kayak upright if kayak flips over including performing  a T-rescue for sit inside kayaks; ability to perform rescues to participants without kayaks - conscious and unconscious | X | Swift Water Rescue (mandatory for river trips) | Has assessed body of water recently before to evaluate conditions and hazards; can perform and teach rescue techniques; has spent 40 hrs on specific body of water instructing on; demonstrate use of tow rope from shore to assist swimming participant to shore; 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; Can check participants bikes for safety and perform basic repairs on the trail; 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 in the last 2 years; Paddleboard standing, sitting, kneeling; Demonstrate proper paddling techniques and paddle sizing; Tow another paddleboard using different techniques; Demonstrate how to rescue a conscious and unconscious person; Understands water safety and etiquette | X |  | Has assessed body of water recently before to evaluate conditions and hazards; can perform and teach rescue techniques; has spent 40 hrs on specific body of water instructing on; 20 hrs experience guiding activity |
| **Rafting** | X |  | 2 prior rafting trips last 5 yrs; be able to teach proper paddling techniques;demonstrated how to catch eddy’s, perform 360s, and exit river safely; demonstrated how to pull participant into raft; Demonstrate use of Rescue Rope; experience steering raft through Class II rapids | X | Rafting Course (Destination Sports)Swift Water Rescue (optional) | Has floated river for trip before 10 times to evaluate conditions and hazards; have assessed river recently to evaluate conditions and hazards; Can perform and teach rescue techniques; comfortable ferrying; Can find safe lines in rapids; Demonstrate scouting skills for rapids; Can flip raft and enter alone; Can lead raft through Class 3 rapids; 20 hrs experience guiding activity |
| **Rappelling** | X |  | 2 prior rappels last 3 yrs; demonstrate how to fireman belay and set up rappel device safely; can lower participant from above; can perform tandem rappel and lock off for rescue | X | BSA Certification (optional) | Can demonstrate how to set up anchor system and top belay safely; Can perform side by side rescues; Can self rescue; Can off-load rappel line for rescues with ascenders; 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 yearsRock Climbing Course (optional) | 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)Rock Climbing Course(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;Comfortable on black diamond runs; 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 in alpine and desert environments 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 |