



## Levels and Competences

### Level 1: General Standards

### Wilderness Guide Boreal-Nemoral Forest

### Level 2: Back Country

### Level 3: Expert Guide



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## Skills and knowledge standards



### Level 1 –General Level 1 standards

At least 28 days (224 hours, counting 8 hours a day) of training

At least two specializations

A minimum of 28 days of (assistant) guiding

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Theory assignments:

- Theory testing of the various subjects at the end of the academic year
- Preparing a Wilderness related project (multiple days) including Risk and Emergency plan

Skills and Knowledge standards

Nature & Wildlife

- Basic knowledge of tracks, animal gaits and patterns
- Be able to use a field guide...fast.
- Have proper knowledge about the flora and fauna of the area you are guiding in

Hike & Survival

- Use of Compass
- Use of protractor
- Use of GPS
- Use of different scaled maps
- Knowledge of the different Grid systems
- Route-finding
- Knife craft
- Axe craft
- Saw craft
- Starting a fire with matches and lighter
- Starting a fire with Flint & Steel



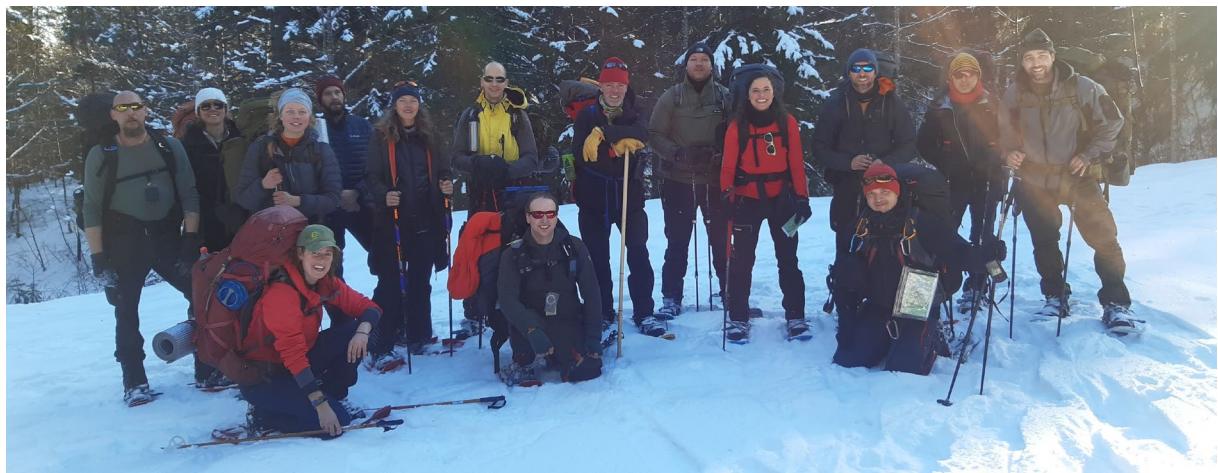
- Starting a fire using what you have on you
- Starting a fire using different types of natural kindling
- Cotton and Vaseline as a Firestarter
- Feather stick
- Emergency shelter
- Different ways to use a tarp
- Lean-to
- Outdoor cooking using cast iron , campfire and stoves
- Knowledge of at least 15 knots, 3 lashings, river cross system and 2 pully systems
- Now how to use a Dry Package crossing water
- Be able to organize and lead a full day-hike including interpretive talks
- Be able to theoretical prepare a multi-day hike in front Country
- Daypack, what should be in it
- Clothing, what to wear
- Shoes, what to wear
- Logbook, how to keep a log
- Leave no Trace principles
- Camp Hygiene

#### Rescue

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- Wilderness First Aid 20 hours
- Be able to make a Risk analysis
- Emergency signals (whistle, mirror, hand/arm signs)

Didactics, teaching, public speaking, Leadership, Coaching & Training





## Level 2 / Back Country

28 days of extra training (224 hours counting 8 hours a day) from which at least 14 days in Remote/ Backcountry areas within the Boreal ecoregion.

A minimum of 28 days of extra guiding within Level 2 competences

At least 4 specializations

Theory assignments:

- Theory assessment of the various subjects during the academic year
- Emergency plan
- Type of specialization assignment

### Nature & Wildlife

- Basic knowledge of animal tracks, animal gaits and patterns
- Plant Medicine basics
- Proper knowledge of Flora and Fauna of the area you are guiding in

### Hike & Survival

- 100% score on starting a fire using a fire rod and only wood curls as kindling
- Fire lighting using a bow drill
- Winter travel & Survival
- Use of pulka's
- Use of snow tools
- Camping in the snow
- Quinzee
- Snowshoeing use and maintenance
- Be able to go on in rough terrain for six days during winter
- Preparing and leading a 3 day trip in rough terrain, in winter
- Cordage
- Purifying water
- Counting Calories, food. What to eat and why
- Wilderness Camping
- Rules and regulations
- Be able to theoretical prepare a week hike in Back Country
- Long fire
- Signal fire
- Orienteering using stars, be able to find the North Star...fast.
- Canoeing technique and rescue
- Crafting cooking system

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### Rescue

- Be able to make a Risk analysis and Emergency plan
- Wilderness First Aid, at least 40 hours training and certification
- Avalanche awareness, at least a full day training

Didactics, teaching, public speaking, Leadership, Coaching & Training



### **Level 3 Expert Guide**

A minimum of 120 days (960 hours) of (assistant) guiding from which at least 60 days (480 hours) in Remote / Backcountry areas within the Boreal Ecoregion.

- Wilderness First Aid 40 hours
- Search & Rescue fundamentals (NASAR)
- Knowledge of Metabolic engines the phosphagen, the glycolytic, and the oxidative pathway
- Be able to organize and lead a rescue party in remote areas (know what to do and what not to do)

Didactics, teaching, public speaking, Leadership, Coaching & Training

### **Guide Instructor / Training institutes**

A level 3 guide can train level 1 guides.

One must have a letter of recommendation from an approved level 3 guide instructor and /or an approved organization.

One must have proof of good behavior

One must be a guide of good standings respecting (local) rules and regulations

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### **To train people to become a level 2 or 3 guide one must have:**

At least 300 days (2400 hours) of guiding experience within the Boreal – Nemoral Ecoregion, from which at least 125 days (1000 hours) in the Remote / Backcountry.

One must have at least 6 (eco region related) specializations within the team (at least 4 for the Chief Instructor).

One must have at least 20 days (160 hours) of training in Group management, didactics, teaching and/or coaching & training OR a teaching degree

One must have a letter of recommendation from a approved level 3 guide instructor and /or an approved organization.

One must have proof of good behavior or work in a field where that is already needed.

One must be a guide of good standings respecting (local) rules and regulations

One must deliver a complete log, proof of all above and certificates

