

Westfir Spring Training 2009 Class Descriptions

Title	Description
Wilderness First Aid Time: 4 hrs Instr: Lyndell Wilken Limit: 30	Geared for the wilderness, this class provides information on prevention in addition to providing you with the basics of how to assess and respond to emergencies like bleeding, strains, sprains, dislocations, fractures, heat and cold illness, bites, stings and other sudden illness. Required every three years.
CPR Time: 2 hrs Instr: Lyndell Wilken Limit: 30	Cardio Pulmonary Resuscitation. A Red Cross adult CPR card will be received. Required annually.
X-Cut Certification Time: 8 hrs Instr: Forest Service Limit:10	The Forest Service requires that each operator on every X-Cut saw is a certified sawyer. This session is for volunteers who do not have a card, but have substantial X-Cut saw experience in the field. The course includes a review of key X-Cut safety procedures and best practices for clearing trail effectively in challenging and potentially hazardous situations. The instructor will determine whether each sawyer is ready to receive certification at the A or B level. Class will be working to clear a trail. <u>Hardhat required (will be provided if you do not have one); bring gloves, long sleeve shirt, eye protection, boots and saw if you have one.</u>
X-Cut Recertification Time: 4 hrs Instr: Arden Corey & Joel Starr	The Forest Service requires that each operator on every X-Cut saw is a certified sawyer. Required: if you want to use power or X-Cut saws to clear trails. You must have a recertification card from a previous year to attend this class. Saw safety review and recertification time with instructor will be held in the field. <u>Hardhat required (will be provided if you do not have one); bring gloves, long sleeve shirt, eye protection, boots and saw if you have one.</u>
Chain Saw Certification Time: 8 hrs Instr: Forest Service	The Forest Service requires that each operator using chain saws is a certified sawyer. Required: You must have a certification card, if you want to use power saws to clear trails. Saw safety review and certification time with instructor will be held in the field. <u>Hardhat required; also bring gloves, chaps, long sleeve shirt, eye protection, leather boots and saw.</u>
Chain Saw Recertification Time: 4 hrs Instr: Forest Service	The Forest Service requires that each operator using chain saws is a certified sawyer. Required if you want to use power saws to clear trails. You must have a certification card from a previous year to take this class. Saw safety review and recertification time with instructor will be held in the field. <u>Hardhat required; also bring gloves, chaps, long sleeve shirt, eye protection, leather boots and saw.</u>
Brushing & Scouting 101 Time: 8 hrs. Instr: Instructor Pool Limit:16	This class is Intended for those who want to learn how to cut brush and small logs to clear a trail to proper specifications. After discussion of safety protocols, students learn about safe and effective use of hand saws and loppers. This class also includes how to complete an early-season trail survey to identify and report major problems, including blown-down logs, by their number, location and size.
Intro to Tread & Drainage 102 Time: 8 hrs Instr: Instructor Pool Limit:16	Gravity, water and users are constantly damaging trails. The class covers basics of hillside hydrology (water flow patterns) and how trails work when they are shedding water properly. Includes basic trail design concepts and how to recognize tread erosion patterns. Hands-on practice removing slough and berm, and thorough cleaning and maintenance of existing water bars and drain dips.
Saw Crew Training 103 Time: 8 hrs Instr: Instructor Pool Limit: 16	This class provides field experience with X-Cut saws and axes, but most of the principles are also applicable to chainsaws. Therefore, this class is the place to start, no matter what trail clearing tools you expect to use in the future. The session begins with an introduction to X-Cut saws and axes of various types, and how they work. It then covers their safe and effective use, including a review of trail clearing specifications, safety equipment, the forces of tension and bind, and the practice of situational awareness. This class is an

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	introduction; it does NOT provide saw certification, which is required for those who wish to be lead sawyers
Basic Trail Design 200 Time: 8 hrs Instr: Instructor Pool Limit:16	Where Do Trails Come From? For curious trail workers who want to understand the theory of how trails are designed well and why so many trails are in bad shape because of poor design. Introduction to different trail design standards appropriate for different kinds of trails, different levels of difficulty and different trail classes. This class is for anybody interested in these topics but students with some trail building and maintenance experience will benefit the most.
Drainage Location & Design 201 (and 202 or 203) Time: 8 hrs Instr: Instructor Pool Limit:16	This class combines a morning session with a choice of Drain Dips or Log Waterbars in the afternoon. Intended for someone who has taken 102 or has the equivalent experience. Learn the concepts behind selecting a design, locating and constructing effective drainage structures. Preserving Trails with Self-Cleaning Drain Dips (4 hours): Build earthen drain dips and rolling grade dips to replace dysfunctional drainage structures on existing trails. Correcting Trail Drainage Problems with Log Waterbars (4 hours): Build log water bars and log check dams. The class includes a review of outdated and contemporary techniques.
Intro to Basic Rock Work 300 Time: 8 hrs Instr: Instructor Pool Limit:16	Learn fundamentals of rock construction. Class includes a strong emphasis on effective and safe use of rock bars, the critical tool for all rock work. Includes basic rock placement techniques for walls or steps to last the ages. Recommended after taking 204 or equivalent experience.
Crew Leadership and Project Planning 304 Time: 8 hrs Instr: Instructor Pool Limit:16	Volunteer trail organizations such as the PCTA and HCFV have a great need for more trained crew leaders. Students with moderate trail work experience who take this class should be ready to lead trail work. This class is an expanded version of last year's class, so should be worthwhile to attend a second time. The first four hours is about effective leadership, including the following topics: Work Day Responsibilities; Risk Assessment and Safety; Tool Safety; Leadership & Team Building. The second half hits the trail to: Learn optimal fixes for various problems on a trail; Learn the steps for estimating time, materials, and tools needed to set up a work project. The class will help you make actual plans to tackle a trail problem that might have been bothering you. Please bring a map, proposed dates, and preliminary concept for a work party you would like to lead.
Invasive Weed Workshop Time: 4 hrs Instr: Tanya Siemens & Molly Juillerat Limit: 20	Even in protected wilderness and recreation areas, invasive species can invade by hitchhiking on people, dogs, horses, bikes, wading boots and other gear. Once established, invasive species replace native flora, make the habitat inhospitable to wildlife, and can even change the way the ecosystem works. This workshop offers information on what species to look for, how to report them and preventative actions. The workshop, presented by Tania Siemens from The Nature Conservancy and Molly Juillerat, botanist at the Middle Fork Ranger District, begins with a short indoor program overview. At Buckhead Wildlife Area, the outdoor program includes witnessing some of the impacts of invaders, identifying and reporting them. Volunteers will also have the opportunity to sign up for weed pulls and to adopt trails to monitor for specific species.

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<p>Wilderness Stewardship Time: 4 hrs Instr: Doug Jordan</p>	<p>This class is designed to be an overview of duties, training and responsibilities for the jobs of surveying trail conditions, Adopt-A-Lake, Adopt-A-Trail, cleaning out wilderness lake campsites, or working as a Wilderness Trailhead Host. Classroom time includes job descriptions for each project, recommended time commitments, specific field examples given by those who have already been out there, plus much more. There also are out- of-classroom activities <i>Bring gloves.</i></p>
<p>Map & Compass Fundamentals Time: 4 hrs Instr: Chris Culver & Kim Brown Limit:10</p>	<p>Introduction on how to use a map and compass together to navigate over terrain. The course is presented in a classroom setting and includes outdoor exercises. This course is also helpful for those who wish to add practice to skills already known. <i>Please bring your own compass to class.</i></p>
<p>Outdoor Survival Time: 4 hrs Instr: Chris Culver</p>	<p>This class will discuss general strategies for wilderness survival situations. Topics include adequate preparation, prevention, risk evaluation, physiological need maintenance and rescue scenarios. Students will review common outdoor survival situations. There is indoor and some outdoor instruction.</p>
<p>Genetic Resource Conservation Assistance Time: 2 hrs Instructor: Richard Sniezko Center Geneticist</p>	<p>This session gives an overview of work and describes where assistance is needed at Dorena Genetic Resource Center (www.fs.fed.us/r6/dorena). An array of short-term and longer-term projects are available dealing with trees (measurements, cone collection, pollination, weeding of trials, photography, data management, etc). Site and equipment maintenance are potentially available also. Most projects are at Dorena GRC (~25 miles south of Eugene).</p>
<p>Weather and YOU! Time: 2 hrs. Instr: John Fisher</p>	<p>Learn why Oregon weather is so special, why the climate is changing, how cloud formations can predict weather, what we can do about global warming and why TV weather forecasting is so difficult! John Fisher has been a local meteorologist for many years and is eager to share his knowledge and skills. There will be plenty of time of general questions.</p>
<p>Historic Site Stewardship Time: 4 hrs Instr: Cathy Lindberg & Tony Farque Limit: 20</p>	<p>If you are interested in Forest History then this session is for YOU! Help is needed to monitor historical sites and structures throughout the National Forests. This session provides information about the Heritage Stewardship program as well as training in how to help monitor these sites. Access to the sites varies from easy to very difficult. Other opportunities to volunteer in the heritage program will also be addressed in this class.</p>
<p>PCT Stewardship Workshop Time: 2 hrs Instr: Paul Smith & Dana Berthold Limit: 20</p>	<p>For existing and potential Trail Stewards of the PCT, this session provides a chance to share tips and stories, and to learn about the other programs of the Pacific Crest Trail Association.</p>
<p>Tool Maintenance Time: 2 hrs Instr: Instructor Pool</p>	<p>Learn how to care for your tools and protective gear. Keeping tools sharp is critical for working efficiently and safely. Session includes how to properly sharpen basic hand tools and why some others are not sharpened.</p>