

The following pages list course options that meet the requirements for each certification. If there is a program you are unsure will count towards your leadership requirements not listed here, **please contact** daria@adk.org.

LEVEL 1 REQUIREMENTS + CO-LEAD

LEAVE NO TRACE 45-MINUTE COURSE

Expiration: Never, recommended every 5 years

- Leave No Trace <https://learn.Int.org/courses/101>
- Any Leave No Trace Course of Higher Certification (Level 1, Level 2, etc.)

SEXUAL HARASSMENT PREVENTION

Expiration: 1 year after course completion

- NYS: <https://www.nyc.gov/site/cchr/law/sexual-harassment-training.page>
- Any Sexual Harassment Prevention training from an employer in NY, NJ, CT, or PA

LEVEL 2 REQUIREMENTS + CO-LEAD + In addition to Level 1 Training

MAP AND COMPASS

Expiration: Never, recommended 5 years

- ADK: <https://adk.org/programs-events/workshops-trainings/>
 - Some ADK Chapters have approved instructors. If you would like to become a certified instructor, contact daria@adk.org.
- LASAR: <http://www.lasarny.org/join>
- Outside
Chronicles: <https://outsidechronicles.com/home/services/#education>
- Trail Bound Project: <https://www.trailboundproject.com/courses>
- REI: <https://www.rei.com/events/a/outdoor-skills-navigation>

For those leading paddling outings, leaders should be familiar with chart & navigation, course plotting, and local water body data points. Cycle leaders should have knowledge of Garmin, ride with GPS, or other route planning tools.

OUTDOOR LEADERSHIP

Expiration: Never, recommended every 5 years

- ADK: <https://adk.org/programs-events/workshops-trainings/>
- AMC, online or in-person: <https://amc-ny.org/education-leadership-training/>

BASIC FIRST AID AND CPR

Expiration: 2–3 years (dependent on organization or training)

- National Safety Council: <https://www.nsc.org/safety-training/first-aid/first-aid-cpr-and-aed-courses/fa-cpr-aed>
- American Heart Association (Online/In Person) :<https://www.redcross.org/take-a-class>
- Any higher course certification (WFR, EMT, WFA, etc.)
- Any work-related First Aid/CPR/AED training

LEVEL 3 REQUIREMENTS + CO-LEAD + In Addition to Level 1 & 2 Training

WILDERNESS FIRST AID

Expiration: 3 years

- WMA: <https://www.wildmed.com/>
- ECSI: <https://www.ecsinstitute.org/training-programs/training>
- SOLO: <https://www.soloschools.com/courses/wfa>
- NOLS: https://www.nols.edu/en/coursefinder/session_search/wilderness-medicine/
- NSP: <https://www.nspeast.org/calendar.html>
- NASAR: <https://nasar.org/page/WFA>

Recertification Online allowed through Wild Med (Recertification ONLY) <https://survivalmed.org/courses/wfa-16-hr/>

LEAVE NO TRACE EXTENDED LEARNING

Expiration: Never, recommended every 5 years

Leave No Trace **Instructors** (those who will be officially teaching Leave No Trace) must recertify directly through Leave No Trace every 3 years

- ADK Awareness Workshop, Level 1 Instructor, Introduction to Leave No Trace, or Level 2 Instructor: <https://adk.org/programs-events/workshops-trainings/>
- Leave No Trace <https://learn.lnt.org/>
 - **Choose ONE in-person:** Leave No Trace Awareness; Level 1 Instructor; Level 2 Instructor; Any extended Leave No Trace Course > 1 hour
 - **Choose THREE online, FREE, asynchronous courses:**
 - LNT Backcountry
Course: <https://learn.lnt.org/courses/backcountry>
 - Introduction to Effective Communication of LNT: <https://learn.lnt.org/courses/effective-communication-of-leave-no-trace-request>
 - Youth Educator: <https://learn.lnt.org/courses/youth-educator-specialization>
 - LNT for Urban
Connections: https://learn.lnt.org/courses/lnt_urbanconnections
 - Share the Lands
with Outdoorist Oath: <https://learn.lnt.org/courses/share-the-lands>

*****NOTE***** Free, private Map and Compass, Leave No Trace, or Outdoor Leadership courses (online or in-person) are also available for chapter groups. If you are having difficulty finding a course or to set up a free course for your chapter, please contact daria@adk.org.

CO-LEADING REQUIREMENTS

ADK has a wealth of knowledgeable guides, educators, and outdoorspeople with collective centuries of experience in responsible outdoor recreation. The co-leading component of the OLG offers a chance for mentorship and sharing knowledge across generations of trip leaders. For a trip leader to advance a level, leaders must co-lead and be approved by a current ADK OLG leader, Chapter Chair, or Outings Chair that holds a current approval leader status of the desired level of advancement. At each level, **leaders must co-lead at least 1 outing with a certified outing leader at that level** or have the equivalent leadership experience from having led previous outings.

Paddling co-lead criteria are based on the knowledge of the local water body, paddling technique, group management skills, and rescue skills.

To find an outing to co-lead, please refer to the [Chapter Event page](#) on ADK's website and contact your Chapter Chair or Trip Leader to arrange logistics. For those who belong to the Adirondak Loj Chapter or are a member-at-large, **any** chapter chair or trip leader can be contacted to arrange a co-lead. Once completed, the **Co-Leading Approval Form** must be signed either electronically or physically and submitted to ADK.

TRIP LEADER EQUIVALENCY PROGRAM

If you bring trip leader experience from other organizations and believe you meet the requirements, you may be eligible for equivalency approval. Equivalency approval **does not** override the need for certifications that expire. Wilderness First Aid, First Aid/CPR, and Sexual Harassment Prevention must be periodically renewed to maintain ADK leadership status. For equivalency consideration, you may be asked to obtain a letter of recommendation from chapter leadership, submit an outdoor leadership resume, provide examples of trip leading experience and certifications, or meet with an ADK staff to discuss your experience. ADK maintains, at its sole discretion, the right to accept or deny experience based on the submission details. For equivalency consideration, please email daria@adk.org.