



LEADERSHIP GUIDE

Created by the 2016 Outdoor Emory Executive Board
Written by many authors!

President.....	Amber Merchant
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Equipment Chair*.....	Kara Danielczuk
Equipment Chair*.....	Halle Bradshaw
Social Chair*.....	Sean Tierney
Social Chair*.....	Julia Wawer

*Appointed Positions

OE Mission Statement: Outdoor Emory is a student-run campus organization that promotes a chance to experience outdoor recreation, appreciation of natural beauty, and shared friendships with all members of the Emory community.

EMERGENCY PROTOCOL

Updated by Amber Merchant, President 2016

PROTOCOL

If any emergency situation occurs, do the following in the order listed below:

1. Call a professional who can provide immediate assistance.
2. Notify Outdoor Emory Leadership (listed below).
3. Follow all instructions you are given.

EMERGENCY PROFESSIONAL CONTACTS

Research these prior to departure and make sure they're saved in your phone. You never know when you will need to call a professional for help and sometimes minutes matter. These include the closest hospital, park rangers if camping, the captain if boating, etc.

OUTDOOR EMORY LEADERSHIP CONTACTS

Amber Merchant	President	(770) 519-2296
Emily Dong	Vice President	(650) 307-4067
Kamin Bouguyon	Treasurer	(214) 562-6531

If no one answers, keep cycling through until you reach someone. If an emergency occurs, make sure you have service at all times so we can maintain communication with you.

CHECK-INS

Please check your phone regularly for check-ins from the executive board. We will get in touch with you periodically during your trip to make sure everything is all good.

WHEN TO CALL

Nothing is too trivial to ask about or report, so if in doubt, the best policy is to call one of the contacts listed above. Everyone listed above is happy to take a trip-related call for any reason whatsoever.

The situations listed below are ones in which you are **always** expected to notify a contact listed above:

- Sickness
- Injuries
- Accidents
- Damage to a vehicle
- Deviations from original itinerary
- Lost participants

GROUP BONDING!

Written by the 2012 Executive Board

You know them, you love them: “getting to know you” games. Whether you love them or you hate them, they’re a great way to get your group connecting. Keep in mind that if you do loath teambuilding games, try not to let it show to your group. These are most often used during Orientation or on a trip where no one knows each other, but they’re also great in a big group or on long nights in the backcountry.

THE NAME GAME

Not exhilarating, but it works. The first person says their name, the second person says #1’s name and their own, the third person says #1, #2, and their own...you get it. There are endless possible variations, give them a try and you will be amazed how much you find out about each other.

THE QUESTION GAME

A great van game! It’s simple but fun. Everyone chooses a question in turn—“Who’s your best friend?” “What’s the best gift you ever received? The worst?” “Who do you admire most?” “What’s the most embarrassing thing that’s ever happened to you?” “Describe your worst family vacation.”—you learn some crazy things about people.

HONEY, IF YOU LOVE ME, SMILE

Get one volunteer and put them in the center of the circle. Each person gets 3 chances to make them smile (but no tickling, that’s cheating!). I’ve seen everything from stupid jokes to lap dances to ear kissing. It can be a riot or a bomb, but when it works, it’s hilarious—only for animated groups.

THE QUESTION GAME

Pick one person from the group—someone you know can take some heat and embarrassment and still stay happy. Have them leave from earshot. Explain the rules to the group: you will tell the person you’re making up a story about them, and they have to figure out the plot by asking only yes or no questions. However, the real rules are more difficult: the “yes” or “no” is dependent on the last letter of the last word of the person’s sentence. If the last letter is a consonant, answer no. If the last letter is a vowel, answer yes. If the last letter is a y, give some kind of maybe or kind of answer. Examples: “Am I wearing clothes?” NO. “Am I a green dinosaur?” NO. “Am I purple?” YES. “Did this happen today?” Eh, maybe. See how it works?

PEOPLE MAP

This is a good game for orientation when everyone is coming together for the first time. People map is simple, but gets everyone up and moving. Ask participants to create a human map, by standing to indicate where they consider home. Indicate North, East, South & West, then allow participants to position themselves to create a map. Ask everyone to introduce themselves and as you get more information, refine the map. It can also be done with the favorite vacation spots or places they would love to travel.

TRIED AND TRUE MEALS

Written by Carolyn Perry, Secretary 2016

CHILI

- **Ingredients:** ground beef, onions, canned tomatoes, canned beans, canned corn, chili seasoning
- **Basic instructions:** Cook meat separately to accommodate vegetarians, otherwise just add everything together in a pot until boiling, then let simmer for 20 minutes. Make sure you drain the beans and corn but not the tomatoes (you want that sauce).
- **Benefits:** friendly to vegetarians, vegans, gluten free, and lactose free peeps. Filling. Easy. Hot.
- **Equipment:** stock pot (with lid), spoon, knife, cutting board, stove, fuel, can opener, frying pan, spatula

PASTA

- **Ingredients:** ground beef, onions, pasta, pasta sauce
- **Basic instructions:** Cook meat separately to accommodate vegetarians. Boil water, once boiling, add pasta. Heat sauce in separate pot. Once pasta is cooked, drain water from pot and serve.
- **Benefits:** Little prep-work, intuitive recipe, few ingredients, change red sauce to powdered Alfredo and is backpacking friendly.
- **Equipment:** stock pot (with lid), spoon, knife, cutting board, stove, fuel, frying pan, spatula, small pot

HOT DOGS

- **Ingredients:** hot dogs, buns, veggie dogs, (carrots, chips, baked beans, etc), condiments
- **Basic instructions:** Cook hot dogs in frying pan (keep in mind that most hot dogs are already cooked so you just have to brown the outside and warm the inside). Prepare any sides that you choose.
- **Benefits:** quick, intuitive recipe, can cater sides to fit dietary concerns in group, little equipment needed, small cleanup
- **Equipment:** frying pan, spatula, stove, fuel, (anything you need for desired sides)

BURRITOS

- **Ingredients:** ground meat, bell peppers, onions, canned beans, tortillas, shredded cheddar cheese
- **Basic instructions:** sauté onions and bell peppers in frying pan, set aside. Cook meat in frying pan. Heat drained beans in small pot. People can use tortillas to assemble their own burritos.
- **Benefits:** filling. People make what they like most therefore vegan, vegetarian, lactose/gluten free friendly. Corn tortillas can be used if you have a lot of gluten free people.
- **Equipment:** frying pan, spatula, spoon, small pot, stove, fuel, can opener, cutting board, knife

BASIC WILDERNESS FIRST AID

Written by the 2012 Executive Board

ALTITUDE SICKNESS

Symptoms of altitude sickness include drowsiness, weakness, headache, poor sleep, persistent rapid pulse, nausea, vomiting, pulmonary edema, confusion, psychosis, hallucination, and death. Rapid breathing, a reduction in altitude, and medication can be used to treat symptoms.

ANAPHYLACTIC SHOCK

Insect bites and other allergens can trigger anaphylaxis. Call for help immediately as it can cause rapid constriction of the airway. Rescue breathing should be administered if the victim stops breathing.

ANIMAL BITES

All animal bites should be seen as a possible source of infection. They should be washed with soap and loosely bandaged. If you are bitten by an animal, seek immediate medical attention upon your return in order to rule out or receive treatment for rabies. Most snakebites will not involve envenomation. However, if bitten by a poisonous snake, the bite should be compressed and the victim evacuated while limiting their motion. If treatment cannot be reached within 30 minutes, a bandage wrapped above the bite may slow the venom, but it should not cut off blood flow.

BURNS

Minor burns should be treated by flushing the area with cool water and covering with a dry, sterile bandage to prevent pressure or friction. Ibuprofen or acetaminophen can help relieve pain and swelling. Major burns require immediate medical attention. Any second degree burn covering more than 2-3 inches or located on the hands, feet, face, groin, buttocks, or major joint should be treated as a major burn. The burn should be elevated and protected from pressure/friction until medical help arrives. It is important not to try to remove burnt clothing that is stuck to the skin. Major burns should not be disturbed or immersed in water as this could induce shock. No ointment, ice, or any other remedy should be applied to a burn without express medical instruction.

CRAMPS

Cramps are usually caused by inadequate muscular oxygenation or a lack of water or salt. Cramps of the first type can be treated by rapid deep breathing and stretching while the latter can be treated by stretching and re-hydration.

FRACTURES

Stabilize the break with splints and avoid moving the victim. If the skin is broken, treat the wound as well. Broken ribs can be stabilized with tape. Seek immediate medical attention.

FROSTBITE

Frostbite occurs when ice crystals form in tissue. Frostbitten tissues will appear very pale and may have a waxy or hard appearance. Loss of sensation is also a common symptom. Frostbite should only be treated if it can be assured that affected tissue will not freeze again. Treatment involves slowly thawing the affected tissue in tepid water. Damaged tissue should not be rubbed and heating devices should not be used as sensation is often diminished and burns can easily occur.

HEAT SYNCOPE

Both heat exhaustion and sunstroke tend to occur during heavy exercise, high humidity, or inadequate hydration. Symptoms include a body temperature above 104 degrees with fainting or weakness. Mental confusion, convulsions, or unconsciousness are symptoms of sunstroke, a more severe condition. To treat heat syncope, have the victim sit or lie down and then allow them to slowly re-hydrate themselves. With sunstroke, immediate medical attention is necessary in order to prevent permanent damage.

BASIC WILDERNESS FIRST AID CONTINUED...

HYPOTHERMIA

Also known as exposure, hypothermia occurs when the core body temperature falls below 92 degrees. Symptoms include uncontrollable shivering, stiffness, confusion, and a cool or cold stomach. In early stages, basic treatment is warming in a sleeping bag. Once exposure has reached a critical stage, evacuation is the best option. At this stage, sudden warming can send the heart into a fatal arrhythmia.

POISONOUS PLANTS

The easiest way to prevent poison ivy, oak, or sumac is to know how to identify and avoid them. However, it is possible to prevent a rash once contact has been made. The area should first be wiped down with rubbing alcohol, then washed with cool water. Soap in these first two stages can actually spread the chemical that causes reactions. Items that may have come into contact with the plant should also be wiped down with rubbing alcohol and water.

WOUNDS

Pressure should be applied immediately for bleeding wounds. Once bleeding subsides, the wound should be cleaned and disinfected, then bandaged.

LEAVE NO TRACE PRINCIPLES

Written by the 2012 Executive Board

PRINCIPLE 1: PLAN AHEAD AND PREPARE

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Visit in small groups when possible; consider splitting up large groups.
- Use a map and a compass to eliminate the use of flagging.

PRINCIPLE 2: TRAVEL AND CAMP ON DURABLE SURFACES

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses, and snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is never necessary.

PRINCIPLE 3: DISPOSE OF WASTE PROPERLY

- Pack it in, pack it out.
- Inspect your campsite and rest areas for trash and spilled foods. Pack out all trash, food, and litter.
- Deposit solid human waste in cat holes dug 6-8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself and your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

PRINCIPLE 4: LEAVE WHAT YOU FIND

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants, and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

PRINCIPLE 5: MINIMIZE CAMPFIRE IMPACTS

- Campfires can cause lasting impacts in the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

PRINCIPLE 6: RESPECT WILDLIFE

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

PRINCIPLE 7: BE CONSIDERATE OF OTHER VISITORS

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.