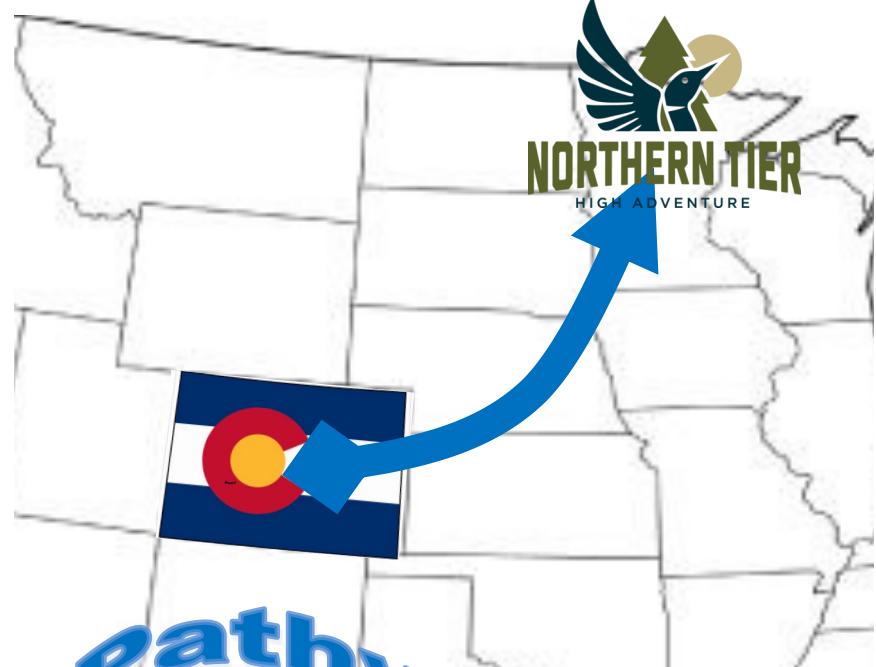




**American
Red Cross**



Pathway to the Rockies Council



*pathway to
Northern Tier
Program*



We're headed to the Great North American Canoe Country!

Need to brush up on your paddling skills? Want to know how to portage a 90-pound composite canoe? Wondering how you will eat and sleep in the Boundary Waters?

The Pathway to Northern Tier program is designed to prepare crews heading to Northern Tier High Adventure treks. Based on feedback from previous crews, subject matter experts in the Boundary Waters, and our local paddlecraft expertise, this program will prepare Scouts and Scouters for the rigors of canoeing in the 6 million-acre Boundary Waters Canoe Area Wilderness.

This preparation program includes education, physical fitness, mental preparedness, and skills development. High adventure treks are more fun when Scouts are **PREPARED!**

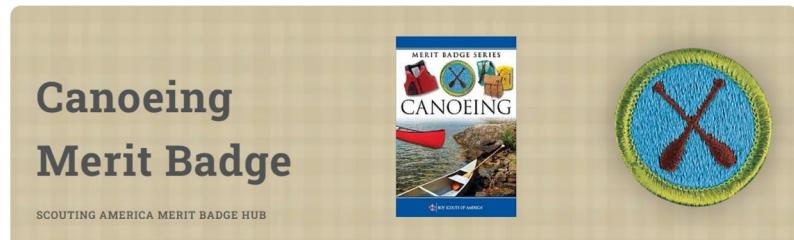
In addition to learning the ins and outs of canoe trekking, we will be offering prizes to crews and individuals who complete elements of the program. For every 5 points earned, your

crew receives one entry into the raffle for a **high-end canoe paddle**. Each individual earns points too—every five points earned is one entry into a raffle for a **\$50 gift certificate** redeemable at the council store or Northern Tier Trading Post.



Pathway to the Rockies Aquatics POC:
Matthew Hoekstra · matthew.hoekstra@yahoo.com

Resources



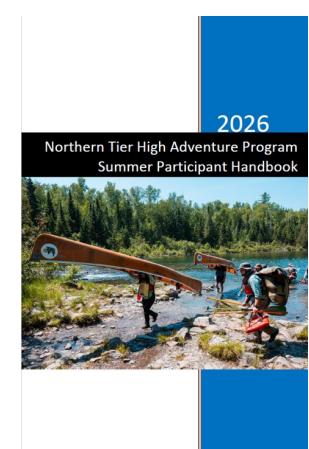
<https://www.scouting.org/merit-badges/canoeing/>



https://filestore.scouting.org/filestore/Outdoor%20Program/Aquatics/pdf/Aquatics_34346.pdf



<https://www.youtube.com/watch?v=5JvnRu0vJVA>



<https://www.friends-bwca.org/>

<https://www.ntier.org/canoetreks/advisors-guide-and-participant-handbook/>

May

Class: Paddling Skills and Overnight Camping

May 2nd-3rd & 9th, 9am-5pm; Bear Creek Lake Park

<https://mycouncil.pathwaytotherockies.org/Event/8067>

Attention paddlers! Build proficient paddling skills with this 3-day class (May 2, 3, and 9) combining the Canoeing MB, Paddlecraft Safety, and ACA paddling skill certification. Highly recommended for Scouters headed to Northern Tier.

Curriculum will include equipment overview, safety, trip planning, and comprehensive paddling skills. Overnight camping on May 2nd, including portaging to campsite and camp setup. Dinner provided. Sign up for multiple activities for maximum points Canoeing MB: 20 pts; Overnight camping: 15 pts; Paddlecraft Safety: 20 pts; ACA skills certification: 30 pts.

65 pts

Trip: Canoe Overnighter—Arkansas River

May 30th-31st, Cañon City-Pueblo

<https://mycouncil.pathwaytotherockies.org/Event/8095>

Paddle the Arkansas River and spend the night camping under the stars! Prepare yourself and your crew for Northern Tier or other canoe outings. Prerequisite: Canoeing MB, Paddlecraft Safety, or ACA skill certification within last 12 months. Meals provided.

60 pts

June

Trip: Canoe Overnighter—Niobrara River

June 5th-7th, Valentine, NE

<https://mycouncil.pathwaytotherockies.org/Event/8096>

Journey to the Niobrara National Scenic River and spend the weekend paddling and camping! Prepare yourself and your crew for Northern Tier or other canoe outings. Camp overnight, visit Smith Falls State Park. Prerequisite: Canoeing MB, Paddlecraft Safety, or ACA skill certification within last 12 months. Meals provided.

100 pts

Class: Paddlecraft Safety

Jun 13th, 8am-6pm; Camp Alexander

<https://mycouncil.pathwaytotherockies.org/Event/8067>

Aquatics Supervision: Paddlecraft Safety - Basic expands Safety Afloat training to include the skills, as well as the knowledge, needed for a unit leader to confidently supervise canoeing or kayaking excursions on flat water. Persons completing the training should be better able to assess their preparation to supervise paddle craft activities. The training is open to any registered adult leader, Scouts BSA, Sea Scout, or Venturer, who is age 15 or older. The training is valid for three years.

65 pts

Calendar of Events

All events can be found on the Pathway to the Rockies council calendar at: <https://pathwaytotherockies.org/calendar>

January

Webinar: Canoe Training—Physical Fitness Planning

Jan 14th, 6:30pm-8:00pm; Online

<https://mycouncil.pathwaytotherockies.org/Event/8621>

Join Tanya Conley PT, DPT, ATC for a webinar designed to kick-start your physical fitness journey! Tailored advice for crew headed to Northern Tier this summer, but valuable for all Scouts and Scouters looking to better their physical selves.

10 pts

Swim Classification and Aquatics Skills

Jan 24th, 12-3pm Cheyenne Mtn HS Aquatics Center

<https://mycouncil.pathwaytotherockies.org/Event/8074>

Come take the swim classification test, and complete the aquatics requirements for Second Class, and First Class ranks! Or just develop your aquatics skills with fellow Scouts. Adult leaders welcome! Swimmer classification in the last 12 months is required for Northern Tier participants.

5 pts

Physical Fitness Plan and Record

Jan 31st, Feb 28th, Mar 31st, Apr 30th, May 31st

Submit your physical fitness training plan to matthew.hoekstra@yahoo.com by Jan 31st for an additional ten points! Each month, record your physical training and submit a record of your work for ten points per month. Don't forget to count this toward your Personal Fitness Merit Badge too!

10 pts

February

Training: Getting Your Feet Wet

Feb 11th, 6:30-8pm; PPLD Fountain Library

<https://mycouncil.pathwaytotherockies.org/Event/8208>

Join us for a session with Friends of the Boundary Waters for their presentation "Getting Your Feet Wet: An Introduction to the Boundary Waters". Learn about the size, location, and ecosystem of the Boundary Waters; go through a "day in the life" traveling in the Boundary Waters. Explore some of the features that make the Boundary Waters unique, such as portaging (carrying) canoes! Webinar with hands-on facilitated training at Fountain Library. Snacks provided.

15 pts

Swim Classification and Aquatics Skills

5 pts

Feb 28th, 12-3pm; Cheyenne Mtn HS Aquatics Center

<https://mycouncil.pathwaytotherockies.org/Event/8088>

Come take the swim classification test, and complete the aquatics requirements for Second Class, and First Class ranks! Or just develop your aquatics skills with fellow Scouts. Adult leaders welcome! Swimmer classification in the last 12 months is required for Northern Tier participants.

March

First Aid/CPR/AED Certification (Blended Learning)

Mar 3rd, 5-7:30pm; PPLD-East Library

10 pts

<https://mycouncil.pathwaytotherockies.org/Event/8160>

This course will prepare you to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults and meets OSHA/ workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a digital certificate for First Aid/CPR/AED valid for two years. Pre-requisite for Wilderness and Remote First Aid certification.

Swim Classification and Aquatics Skills

5 pts

Mar 15th, 12-3pm; Cheyenne Mtn HS Aquatics Center

<https://mycouncil.pathwaytotherockies.org/Event/8087>

Come take the swim classification test, and complete the aquatics requirements for Second Class, and First Class ranks! Or just develop your aquatics skills with fellow Scouts. Adult leaders welcome! Swimmer classification in the last 12 months is required for Northern Tier participants.

First Aid/CPR/AED Certification (Blended Learning)

10 pts

Mar 21st, 10:15-12:45pm; PPLD-Penrose Library

<https://mycouncil.pathwaytotherockies.org/Event/8161>

This course will prepare you to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults and meets OSHA/ workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a digital certificate for First Aid/CPR/AED valid for two years. Pre-requisite for Wilderness and Remote First Aid certification.

Training: Boundary Waters Pro Tips and Trick

15 pts

Mar 25th, 6:30-8pm; PPLD Fountain Library

<https://mycouncil.pathwaytotherockies.org/Event/8210>

Join us for a session with Friends of the Boundary Waters for a facilitated session on "Pro Tips and Tricks: Packing for the Boundary Waters," a debrief on hard skills practice sessions, and Q&A. Webinar with hands-on fa-

April

First Aid/CPR/AED Certification (Blended Learning)

10 pts

Apr 7th, 5-7:30pm; PPLD-East Library

<https://mycouncil.pathwaytotherockies.org/Event/8163>

This course will prepare you to recognize and care for a variety of first aid breathing and cardiac emergencies involving adults and meets OSHA/ workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion. Upon successful completion of this course you will receive a digital certificate for First Aid/CPR/AED valid for two years. Pre-requisite for Wilderness and Remote First Aid certification.

Swim Classification and Aquatics Skills

5 pts

Apr 11th, 12-3pm; Cheyenne Mtn HS Aquatics Center

<https://mycouncil.pathwaytotherockies.org/Event/8087>

Come take the swim classification test, and complete the aquatics requirements for Second Class, and First Class ranks! Or just develop your aquatics skills with fellow Scouts. Adult leaders welcome! Swimmer classification in the last 12 months is

Training: Boundary Waters Goals & Comfort Zones

15 pts

Apr 15th, 6:30-8pm; PPLD Fountain Library

<https://mycouncil.pathwaytotherockies.org/Event/8094>

Join us for a hands-on seminar to review group goal-setting techniques and comfort zones for your crew while trekking at Northern Tier. Course material provided by Friends of Boundary Waters and facilitated by local leaders. Snacks provided.

First Aid/CPR/AED Certification (Blended Learning)

25 pts

Apr 18th-19th, 7am-6pm; Black Forest Regional Park

<https://mycouncil.pathwaytotherockies.org/Event/8159>

American Red Cross Wilderness and Remote First Aid certification class. Designed for Scouts and Scout leaders, outdoor enthusiasts and anyone who works or spends time in remote environments, this course teaches advanced skills to be used in emergencies when help from professional first responders may be far away. Required for high adventure camps. Prerequisites: Must be at least 14 years old and hold current adult CPR/AED certification. 2 year certification.