

# Eco Practice Day Schedule

## Intro

Welcome

Introductions

Overview of location and competition

A little bit about Jenkinson Lake and the surrounding area

- This is a man-made lake. Construction started in 1953 - completed in 1955
- Maintained by the El Dorado Irrigation District
- The large dam is 190 feet tall and 760 feet long
- Spillway capacity is 6700 cubic feet per second
- Surface area of the lake is 650 acres
- Trail around lake is a little over 8 miles
- Additional trails to the south of the lake called Fleming Meadows

You will become very familiar with this beautiful place and most of the trails surrounding it.

Update on coming back to camp at night.

Update on rappelling

Overview of training day

- Note taking material available
- 2-3 hours and then I encourage you to hike while you are here
- We will cover a lot of info – please ask questions
- Schedule – info, mini team challenge, land navigation exercise
- Most of this info is from personal experience. Please do some research on your own and be familiar with the topics that we will discuss

## Safety

Each team is required to have an adult chaperone with them at all times.

Chaperone's job is to keep the team safe, not keep the team on track, on time or competitive. (will cover chaperone rules more in depth later)

You should NEVER be alone during this competition.

For bathroom breaks you should always be within shouting distance.

Trail safety rules

- Hikers yield the right of way to everyone (bikes, horses, etc)
- Do not disturb wildlife (snakes, injured animals etc)
- We will have several medical personnel on the course
- Push through fatigue and soreness – do not push through injury
- Be familiar with dehydration symptoms (addressed later) and watch yourself and your teammates for signs
- Take care of your feet! Biggest issue on the trail!
- Don't eat random berries, mushrooms, sticks, rocks....





We have mixed gender teams and I have teenagers so I know how this can go... This is a TEAM competition not a dating service! If that special someone is here remember that your responsibility is to the TEAM not that special someone.

Do not make the chaperone's job any more difficult! It is your job to make sure that the chaperone knows where you are and what you are doing AT ALL TIMES!

## **Foot Care**

Taking care of your feet can be the most helpful thing in this competition. If your feet start to hurt you lose motivation, you dwell on the pain and fatigue and you get downright grumpy.

Things that can help your feet survive

- Do not wear new shoes. Shoes should be broken in but still have good life left in them
- Change socks frequently. Socks begin to have wear spots and cause blisters. Change socks at least once during the day. Bring safety pins to hang socks on your pack.
- Pay attention to “hot spots” on your feet
- They will develop into blisters
- Bandage or tape hot spots as soon as possible
- Dr. Scholls Moleskin and 2<sup>nd</sup> Skin
- Google blister care products

## Hydration

The most common mistake is not drinking enough.

How much should I drink?

- You need to consider climate, altitude, your level of exertion and your own individual needs
- If it is warm/hot outside you will obviously sweat more and need to replace more
- We will be at about 3500 feet above sea level. Air is thinner and dryer than what you are used to
- A good rule of thumb is to start with 20 ounces an hour and adjust up or down from there
- Force yourself to drink. Don't wait until you are thirsty!
- Sun protection can help your hydration levels. Think about wearing a hat
- I like carrying a water bladder (100 ounce) and 20 Oz water bottle with Gatorade powder

- I alternate 2 to 1 water and Gatorade until I can't stand plain water anymore and then I go 1 to 1
- So 100 OZ of water and 50 OZ of Gatorade would last me about 7-8 hours

## Dehydration

The importance of remaining hydrated cannot be overstated. You can survive weeks without food but you can only survive 2-4 days without water.

If you become dehydrated on the course we will have the medical staff evaluate you and you may not be able to continue.

Symptoms of dehydration

- Dizziness, headache, fatigue, nausea and cramps
- You know your body and when it's not feeling right. Don't ignore the signs
- Catching it early may help you continue in the competition

When you sweat you also lose sodium. Diminished sodium levels in your body can also be a serious health risk. Sodium in your body helps maintain proper blood pressure and volume among other things.

Symptoms of low sodium levels

- headache, nausea, vomiting, cramps, personality change, weakness, confusion and drowsiness
- When you sweat you lose about 900 to 1400 mg of sodium per liter (33 ounces) of sweat
- Gatorade contains about 450 mg of sodium per liter

Treatment of dehydration

- hydrate with electrolytes, shade, rest, cooling yourself with a wet shirt or hat

## **Food**

The average adult hiker uses between 400 and 600 calories an hour while on the trail. That means that you could use 4000-6000 calories in a 10 hour day!

Most of you are younger and lighter than the average hiker and will not be walking for the entire time you are on the course so you may burn a lot less calories.

However, you will burn more calories than usual and the food you pack needs to be high calorie and for the most part healthy.

If you fill your body with junk you will eventually pay for it in reduced energy, reduced alertness and feelings of sickness and fatigue.

Try to snack continually on the trail and wash it down with lots of fluids!

Nutritionally dense, non-perishable foods like nuts, granola, powdered milk, oatmeal, dehydrated fruits, vegetables, beans, beef jerky, crackers, salami, dehydrated soup and chocolate are good trail foods because they are lightweight, simple to prepare and won't spoil. (Although chocolate will melt!)

I also like the single serve tuna in an envelope, trail mix and pop tarts.

You can add powdered milk to granola or oatmeal in a zip-loc bag and just add water.

My all-time favorite trail food is a Payday candy bar!

Most people over pack when it comes to food. It's not a big deal but you will carry more weight than you need to.

## **Injuries**

Most common injuries are twisted / sprained ankles. Carrying a wrap of some sort may not be a bad idea.

Other common injuries are cuts and abrasions. Each team is required to carry a first aid kit and duct tape because duct tape fixes anything!

There will be medical staff on bikes. If there is an injury that requires medical staff attention your chaperone will bring it to the attention of one of us and we will dispatch a medical team to your location.

## **Equipment list/gear questions**

I added a Bible to the team equipment list. You will find out why you need a Bible the morning of the competition.

Go over equipment again and provide time for questions.

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## **Course Description**

General overview – some info depends on # of teams

## **Course Rules**

You must be totally self sufficient and carry everything you need on your back for the entire event. The only exception is filling up with water at some checkpoints.

- This means that you cannot add or drop off equipment at the campground after day one.
- You can only eat what you have in your pack. Do not accept food or anything else from family or friends.
- Only exception is water and a tent for the night
- Teams must consist of 6, 7 or 8 members with at least 2 members being female
- Team members must be 13-18 years old
- Teams must provide their own chaperone and one additional volunteer

- There will be a minimum time that each team is required to be at each checkpoint. This is for safety reasons so remember to check in and check out each time.

## **Scoring Rules**

Teams will be scored on a variety of topics both known and unknown to the team. They include teamwork, attitude, completion of task, creativity and overall execution.

- If a team loses a team member due to injury or fatigue 1/8<sup>th</sup> of the team's points will be subtracted from each checkpoint that the team member misses.
- Teams will be scored at each checkpoint and for overall time on the course
- This is how the scoring will work.
  - o Teams will get points for each checkpoint. The team with the highest score will get a 1. The team with the next highest score a 2 and so on.
  - o The team with the lowest score at the end of the event will be the winner
- Fastest time on the course is only one of many things that you will be scored on. If you walk this event and do really well on the checkpoints you could easily win the whole thing
- Some checkpoints will be based on an 8 person team so smaller teams may have to have a team member do the event twice

## **Chaperon Rules**

Chaperones are responsible for overall team safety.

- Chaperones are not permitted to assist in navigation unless there is a safety issue
- Chaperones are not permitted to lend any help in planning or completing team tasks
- Chaperones will supervise and not get involved in checkpoint activities
- Make sure that entire team is within eyesight at all times (except shouting distance for bathroom breaks)
- Should hike at the back of the pack for added safety
- Chaperones should not lend any advice unless there is a safety issue
- Bottom line is that this competition is for the kids. Let them plan it, participate in it and complete it

## **Team Building Exercise**

### Rope Challenge

- Items needed: Rope, blindfolds

### Golf ball Challenge

- Items needed: Golf ball, straws, tape, tape measure

## **Land Navigation Exercise**

Go over basic Land Nav instructions. Send teams out to find a specific location marked with a stake with # on it.

- Items needed: Stakes, marker, maps, compasses

## **TIPS**

Use 2 navigators – explain why

Split team to come up with plans – explain why

Have a team captain

- Team captain is responsible for checking team in and out of checkpoints
- Responsible for settling team disputes and coming up with direction
- May have additional role as leader at some checkpoints

## **Reminders**

The additional training dates are Saturday April 4<sup>th</sup> at 10 AM and Monday April 20<sup>th</sup> at 3 PM. These days will be a repeat of today but you are welcome to attend if you like.

Registration deadline is April 1<sup>st</sup>! Get those registration forms in ASAP so we can plan based on the number of teams.

## **Family Camping Info**

Update by Bill or Jodie.