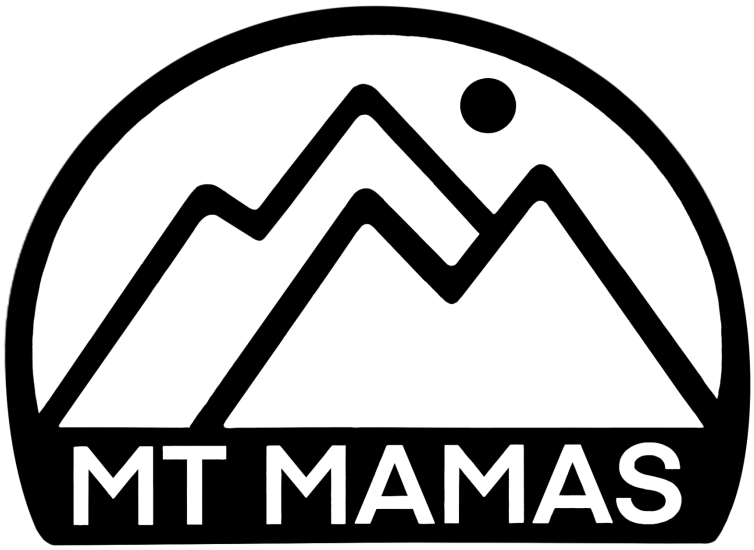


Mt Yoga Manual

Mt Yoga

TRIP LEADER REQUIREMENTS

- **Assistant Trip Leader** – Taken a yoga class in the last year; Understand how to do basic yoga poses, breathing techniques, balance and stretching safety; First Aid/CPR certified
  - Assists with safety in poses
  - Monitors participants for signs and symptoms of signs and symptoms of hypo/hyperthermia, dehydration, or distress
  - Carries first aid kit and administers basic first aid if needed - can be designated Medic Guide
  - Carries 2-way radio for communication (if hiking)
  - Wears Trip Leader handkerchief to identify as a Trip Leader
  - Wears whistle to communicate in emergencies (if hiking)

- **Lead Trip Leader** – Accredited with a national organization; 20 hours experience leading activity; Wilderness First Responder Certified
  - Recons area for activity within 1-2 months of activity
  - Completes Trip Report prior to and after activity
  - Determines routes including emergency routes (if hiking)
  - Aware of signs and symptoms of hypo/hyperthermia, dehydration, and Acute Mountain Sickness (if above 8000 ft) and teaches participants as needed (if hiking)
  - Checks weather
  - Checks gear for safety prior to activity
  - Checks participants for safety and leads safety discussion
  - Carries first aid kit if not designated to Assistant Trip Leader
  - Carries 2-way radio for communication and Bear Spray (if needed for hiking)
  - Wears Trip Leader handkerchief to identify as a Trip Leader
  - Wears whistle to communicate in emergencies (if hiking)
  - Communicates with Base Commander at the beginning, middle and end of activity via phone or In Reach Beacon
  - Completes Incident Report and/or SOAP Note if any concerning situation occurs on activity
  - Reports any damaged gear or safety concerns from trip

Mt Yoga - Activity Plan

PRIOR TO ACTIVITY

GEAR

- **Provided by Mt Mamas:**
  - First Aid Kit per activity
  - Whistle per Guide (if hiking)
  - 2-way radios (if hiking)
  - Emergency Beacon (if needed for hiking)
  - Bear Spray (if in area with recent bear activity if hiking)
- **Provided by Participants:**
  - Yoga mat
  - Towel (optional)
  - Foam blocks (optional - helps with flexibility)
  - Running shoes/boots
  - Relaxed pants/leggings
  - Short sleeve top
  - Long sleeve shirt (if hiking)
  - Fleece or down insulating layer (if hiking and cool weather)
  - Waterproof jacket (if hiking)
  - Day pack with waist belt (if hiking)
  - 2-4 L water in water bottles or water pouch (if hiking) or water bottle if not hiking
  - 1 snack per hour on activity (if hiking)
  - Hat (if hiking)
  - Sunglasses
  - Sunscreen
  - Camera
  - Personal first aid kit (if hiking)
- **Have participants watch:**
  - **“**How to survive your first yoga class” Maris Aylward (7 min)

POSSIBLE ACTIVITY LOCATIONS

- Bell’s Canyon Reservoir, Sandy (Intro Clinic, Beginner)
- Duelle Trail, Centerville (Intro Clinic, Beginner)
- Saltair, Great Salt Lake (Intro Clinic, Beginner)
- Goblin Valley State Park (Intro Clinic, Beginner)
- City Parks (Intro Clinic, Beginner)

- Devil's Garden, Escalante (Intermediate)

INDIVIDUAL DEFINITIONS

- **Participant** – Individual participating in activity
    - Notify Mt Mamas of any health concerns or injuries prior to activity
    - Report if activity appears too strenuous or difficult
- **Assistant Trip Leader** – Assists Lead Trip Leader with activity
- **Lead Trip Leader** – Leads activity with Assistant Trip Leader (if needed due to group size)
- **Medic Trip Leader** – Trip Leader designated per activity with first aid/CPR certification
    - Main Trip Leader in charge of minor accidents or injuries
    - Designated Trip Leader to stay with injured individual if case of evacuation
    - Last in group and will assist any in the back of the group with any concerns
    - Carries 2-way radio for communication
- **Base Commander** – Individual not participating in activity that Trip Leader Guide is to report to prior to before, during and after activity of safe completion of activity.
    - Will notify emergency contacts and/or Search and Rescue if group is late or lost

BEGINNING ACTIVITY

SAFE GEAR (GEAR CHECK)

- Check Mt Mama gear for safety: first aid kit, 2-way radios (if hiking), emergency Beacon (if needed for hiking), bear spray (if needed for hiking)
- Check Participants gear for safety - yoga mat
    - Gear
        - Yoga Mats - soft, gripy
        - Towel (optional)
        - Blocks (optional)
    - Trip Leaders are NOT required or responsible to size or fix broken gear - participants should ensure gear is safe and sized correctly prior to activity
    - Trip Leaders can refuse participation of any Participant if gear is determined to be unsafe.

SAFE PARTICIPANTS

- Trip Leader to Participant Ratio 1:10
- Check Participants for safety: appropriate clothing, appropriate health, appropriate gear

NOTE: sizing should be determined by individual or rental shop - Trip Leaders are NOT required or responsible to size or fix gear

SAFETY TALK

- **Circle Up -** when participants arrive, gather them together in a circle and have them share 3 things:
    - Name
    - Experience in the activity
    - Goal for the activity
- **Safety talk:** describe the activity and safety items for participants to be aware of (5 items):
    - Environment – weather, mountain conditions, trail conditions, location, distance (if hiking), time expected, bathrooms/cell phone service
    - Gear – what gear we will be using and how to use it - yoga mats
    - People – sunscreen/hat/sunglasses, food/water, appropriate clothing
        - Clothing - comfortable, form fitting
    - Dangers – describe any dangers that could occur:
        - Mountain Safety - Rapid weather changes, hazards along the route (rock slides, river crossings, snow field crossings, cliffs, wrong turns etc), poisonous plants, wildlife
        - Dehydration
        - Injuries during yoga moves
    - Safety – what you will be doing to mitigate those dangers
        - Stretching before, only do what you feel comfortable with, if it hurts - stop

MT YOGA LESSON (PROGRESSION) - Trip Leaders can use their own discretion to determine which drills and skills would best meet the goals of the Participants. A progression is a series of steps that logically build on one another, increase in difficulty, and are focused specifically on participants. There are always several ways to teach a lesson. Every Participant needs different things, some will need to spend time on a skill and others can skip ones.

- Teaching Tips
    - Trip Leader Body Language
        - Posture - relaxed, stand and face them
        - Hand Gestures - waving, thumbs up, hand shakes or high fives
        - Facial Expressions and Eye Contact - make eye contact, smile
    - Teaching Theory
        - Understand the Teaching/Learning Cycle (see Appendix A)
        - Understand Different Learning Styles (see Appendix B)
- Choose which skills would be appropriate for your group in the selections below

BEFORE ACTIVITY

- **Picking Safe Locations**
    - Parks
    - Flat areas with soft ground
    - Watch slopes that end in cliffs, water, etc if individuals fall doing a pose
    - Shade or sunny
    - Beautiful views if possible
    - Insects - check for mosquitoes, biting flies, etc
- **Tips for leading yoga outside**
    - Recon at the same time and day of the week (busyness, shade, water, bathrooms)
    - Sheets - on beach under yoga mats
    - Use a wireless microphone
    - Music is optional - use a bluetooth speaker
    - Bring a couple extra yoga mats if anyone forgets

Reference: "Tips for Teaching Outdoor Yoga" Ashley Hagen (video 12 min)

ON LOCATION (choose which skills would be appropriate for your group)

- **Yoga Practice**

    - **Warm Up** (15 min)
    - **Yoga Practice**
        - Standing moves
        - Twisting moves
        - Balance moves
        - Activities on both sides of body
            - DON'T do intermediate/advanced hand poses (handstands, crow, etc - easy to injure wrists on uneven ground)
    - **Savasana**
        - Meditation/Visualization/Breathing (5 min)
- **Breathing** - focus on breathing, slow breathing in and out
- **Hydration** - drink frequently during practice
- **Tips - location, registration, amplification**

WRAP UP AND CLOSING

- **Review**
    - Review Lesson - how the days went, clarify any questions
        - Have participants review their trip
        - Focus on positives
    - Review skills - ask questions on new skills acquired
    - Review Goals and Progress - successes and struggles
    - Make a plan for practice at home - discuss skills to work on or upcoming trainings
- **Preview** - what they could learn next
    - Build on new learning
    - Invite them back - look up upcoming trips online

(based on the Professional Ski Instructors Association/American Association of Snowboard Instructors (PSIA/AASI) certification courses "Delivering the Beginner Experience -Alpine" and "Alpine - Level 1")

Risk Management Plan

Mt Yoga has large inherent risks. Without good Risk Management it is impossible to create the “safe and joy-filled environment” that Mt Mamas seeks to offer every Participant. Managing risk involves using good judgment to make sound decisions in a dynamic environment. This section contains a general overview of common risk factors on Mt Yoga trips as well as an outline of expected practices for activities. Additionally, you will find the Emergency Action Plan detailed step by step on what to do if you are faced with some common injuries while during the activity and also for emergency situations.

Objective Risk Factors exist inherently in the activity itself

Subjective Risk Factors exist as a result of human engagement in the activity

RISK MANAGEMENT PRACTICES

- **Ratios:** Trip Leaders should maintain a **1:10 Lead Trip Leader to Participant ratio** for each mt yoga group and groups can be increased with additional Assistant Trip Leaders to maintain the Trip Leader to Participant ratio.
- **Training:** Mt Mamas requires all Lead and Assistant Trip Leaders to be able to demonstrate proper technique and skills listed at the beginning of this manual.
- **Gear Safety:** Yoga mats will be brought by participants and Trip Leaders will assess generally for safety.
- **Gear Inspection:** Trip Leaders will assess gear for safety prior to trip. Trip Leaders are NOT required or responsible to size or fix broken gear - Participants should ensure gear is safe and sized correctly prior to activity. Trip Leaders can refuse participation of any Participant if gear is determined to be unsafe.
- **Planning & Preparation:** Good risk management begins with good planning and preparation. Trip Leaders will select an appropriate activity site and route that takes into account (among other things) expected weather, terrain, timing, other users, group size, background, experience, physical condition, and goals for the day. Trip reports, waivers, and checklists will all be utilized online prior to the activity to ensure the group is prepared before each trip.
- **Participant Fitness Level:** Must be able to participate in athletic activity without difficulty. Individuals are responsible to notify Trip Leader PRIOR to the trip if they are not feeling their fitness level is adequate.

Emergency Action Plan
Mt Yoga

PREVENTION

- Trip Leader
    - Trained in First Aid/CPR (Assistant Trip Leaders) and Wilderness First Responder/CPR (Lead Trip Leaders)
    - Completes Trip Report prior to activity (office will update medical and emergency contact information on Participants)
    - Carry First Aid Kit at all times during activity
    - Carry bear spray (if in high risk bear country)
    - Use walkie talkies (one for each Trip Leader if hiking)
    - Carry In Reach Beacon (if needed)
    - Check for safe gear, safe participants and have safety chat prior to activity
    - Notify Base Commander of group status and the beginning, middle, and end of activity by phone or beacon
- Base Commander
    - Receive notifications from Trip Leader at the beginning, middle and end of activity
    - Be available during activity to notify emergency contacts of tardiness of group or assist in emergency evacuation or contacting emergency services if needed
- Office
    - Update Trip Report with medical and emergency contact information on participants
    - Email Trip Leader and Base Commander the Trip Report and Emergency Contact and Medical Information prior to activity

LOST OR LATE RETURNING GROUPS

- Prior to activity
    - The Trip Leader will fill out a preliminary **Trip Report** complete with proposed location of activity, possible evacuation routes, and expected times for leaving and returning.
    - Every trip will have a **designated "Late Time"** the the Base Commander will notify emergency contacts of delay.

    - Every trip will have a **designated "Emergency Time"** when the Base Commander will notify Search and Rescue if the Base Commander has not been notified of the safe exit of all participants from activity.
- The Trip Leader can **notify the Base Commander during an activity if the predicted times need to be adjusted**.

INJURIES

- **Minor Injuries:** (minor scrape, sprain, etc.)
    - The designated Medic Trip Leader (generally the rear Assistant Guide or Trip Leader with most medical experience) will administer first aid while the other Trip Leader manages the rest of the group. The affected participant should be kept calm and comfortable. A Trip Leader, or volunteer with medical experience, should remain with the injured participant until they are able to return to the rest of the group. An **Incident Report** should be completed on site if possible or after and signed by both patient and Trip Leader. Take clear **photos** of any wounds or injuries when it is convenient.
- **Major Injuries:**
    - The designated Medic Trip Leader will stay with the participant and assist while the Lead or Assistant Trip Leader manages the rest of the group. The Lead Trip Leader or designated Assistant Trip Leader will make phone calls to the appropriate emergency number below. **An Incident and SOAP Note** should be completed at the time of the event if possible. Take clear **photos** of any wounds or injuries when it is convenient.

COMMUNICATION

- In a Life/Limb Emergency or Property-threatening emergency
    - Try the National Park/State Park/Forest Service/BLM-specific emergency numbers
    - If no park-specific numbers exist, call 911
    - If 911 does not work, use emergency beacon to notify Search and Rescue
- In ALL Emergency Situations, after care has been secured, **notify Base Commander**. If Base Commander is not available, call Emergency Backup Personell (Emily Hacken 801-860-4591) or Marilyn Boucher (801-803-1398). Call each number three times in succession, if no one answers the three phone calls, wait 15 minutes, and move on to the next person.

EVACUATIONS

- If a participant is injured and requires evacuation, follow these procedures based

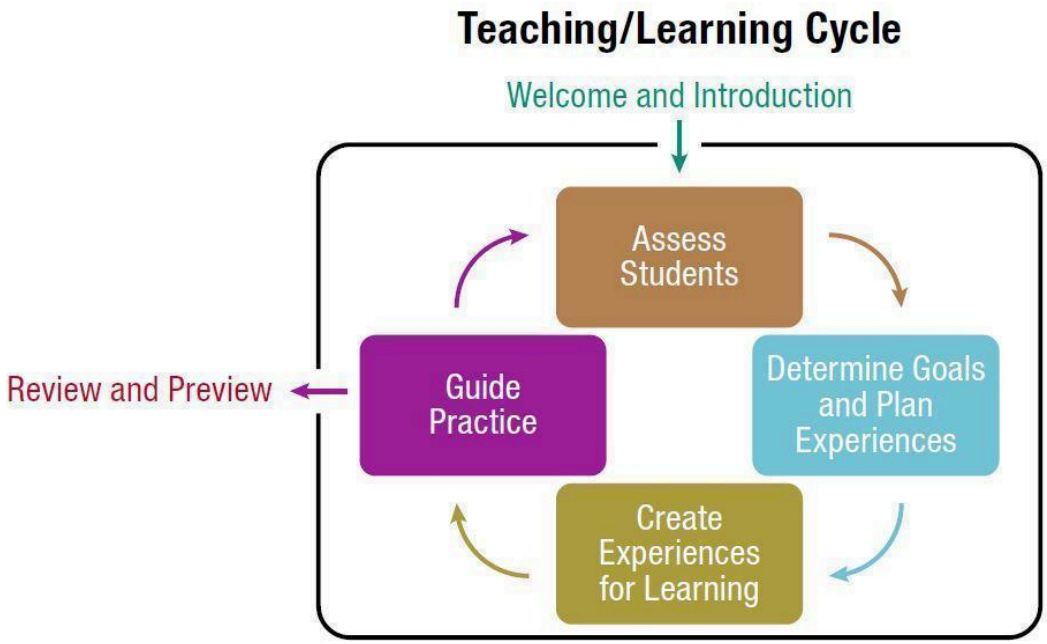
on the situation:
    - The participant can walk - Trip Leaders will assist the participant in walking/skiing/ hiking out.
    - The participant can't walk – Trip leaders will assess if the participants will need to be carried out (if this can be done safely).
    - The participant can't be carried – if due to a possible head/neck injury or other injury, then notify 911 and/or search and rescue.
- Trip Leaders will assess all locations in an activity to determine easy access to vehicles and alternate escape routes prior to activity. Trip Leaders will document this in the Trip Report and discuss this with Participants at the beginning of activity.

Updated:12/11/24

APPENDICES

APPENDIX A

[Teaching/Learning Cycle]



- Assess the Participant
    - Before you can build a lesson plan for the day, you need to assess your participant's physical abilities and technical understanding. Warm-up activities will give you an opportunity to see how comfortable your guests are. while building good group rapport. Observe their movements, stance, balance, and agility.
- Determine Goals and Plan Experiences
    - Ask questions about their goals and motivations for taking a lesson.
    - As the lesson progresses, remember to make sure the group goals align with what each participant wants to learn and their motivations for taking a lesson.

- Create Experiences for Learning
    - Organize students and the lesson environment by choosing appropriate terrain based on ability. Interact with support, and encourage your participants.
- Trip Leader Practice
    - Create space to spend one-on-one time with each of your participants while others practice or explore movements. Repetition of movements anchors the actual learning and sliding experience. Guided practice also lets you handle an ability split. Challenge your more advanced participants with difficult tasks while you spend individualized time on guests who may be struggling. This also gives participants independence while allowing you individualize the lesson.
- Review and Preview
    - At the end of the lesson, make sure to review the experience, preview the next lesson, and invite the participants back. The debrief is an opportunity for the participants to discuss their progress and the goals they accomplished. This content should come from the participants.

      (Adapted from: “Delivering the Beginner Experience” Course, PSIA/AASI)

APPENDIX B

Different Learning Styles

VAK Model - Learning Preferences - create multisensory lessons (describe a skill, demonstrate a skill, then have them try the skill)

- V - Visual - pictures, images and demonstrations
- A - Auditory - descriptions, talking about experiences
- K - Kinesthetic - process through feelings and experiences

(Adapted from: “Delivering the Beginner Experience” Course, PSIA/AASI)