



Leave No Trace Online Awareness Course – Job Aid

HOW TO BEGIN THE COURSE

Leave No Trace Online Awareness Course

Introduction

There is an optional audio accompaniment with this course. If you would like to use this feature, please make sure it is turned on now.

Before you begin, familiarize yourself with the control bar at the bottom of the screen to move forward and backward.

Thank you for your participation in the Leave No Trace online Awareness Course. By the end of this course, you should be able to:

- Identify the Seven Principles of Leave No Trace
- Recognize visitor-created impacts in recreational areas
- Describe the history of Leave No Trace and the mission of the Center for Outdoor Ethics
- Identify key programs through the Leave No Trace Center for Outdoor Ethics
- Understand how to apply the principles on your next outdoor trip

This Online Course was made possible by the USDA Forest Service: <http://www.fs.fed.us/>

Welcome page. Be sure to note the **audio option**. Make sure other applications are turned off to cut down on the loading time. Use the **control bar** at the bottom of the screen to practice moving forward and backward.


Leave No Trace Online Awareness Course

How to Navigate the Course

Please click on the words below for more information.

Content The course will consist of questions about Leave No Trace **history, practices, techniques** and **programs**. It takes about 30 minutes to complete.

How to Begin Before you begin, please take the **tutorial** beginning on the next page. You will have the option to skip the tutorial and proceed to the assessment if you choose.

Answering At the bottom of each page is a progress bar. Press **Play**  upon entering each new page and read the question or text. All questions require an answer. Please choose the most appropriate response for each question and click the **Submit** or **Next** button when you are ready to move on.

Review You will have the opportunity to **Review** all answers at the end of the course. You may also **Retake** the course to correct missed questions.

Completion Once you have successfully finished this course, you will be able to print a **certificate** demonstrating your completion of this online course.

The Navigation page provides useful information about the course. Please make note of the control bar at the bottom of the screen. This will allow you to press **play**, move forward and backward.


You will then have the option to take a **tutorial** or go right to the **assessment** part of the course. This job aid will help you follow along with the tutorial. It can also be used as a guide when you reach the assessment portion of this course.

TUTORIAL

Leave No Trace Online Awareness Course

Tutorial
Leave No Trace is an international program that promotes responsible outdoor recreation. It's about...

- People
- Conservation
- Education
- Environmental Stewardship



Please view this introductory video on the Leave No Trace program, presented by the National Park Service. Click on the button to watch the video.

Video

You will have the option to watch a video about Leave No Trace, presented by the National Park Service. This video can be found at: <http://Int.org/training/educationaltraining.php>

It is important that you open a new Window to watch this video (File>New Window) so that you don't lose your place in the course. You will not be timed out of the course.

Leave No Trace Online Awareness Course

Tutorial
The video that you just viewed gave an overview of the seven principles that summarize the Leave No Trace program. To review those principles, please click on the button below.

Seven Principles

Plan Ahead and Prepare, **T**ravel and Camp on Durable Surfaces, **D**ispose of Waste Properly, **L**eave What you Find, **M**inimize Campfire Impacts, **R**espect Wildlife, **B**e Considerate of Other Visitors

You will learn about the **Seven Principles** of Leave No Trace. Use this page as a reference for the assessment section of the course.

Leave No Trace Online Awareness Course

Tutorial

The principles reviewed on last slide describe the Leave No Trace program as it relates to the **backcountry**.

Backcountry is defined as recreational areas that are remote, not easily accessed, and used primarily by overnight visitors (i.e. backpackers). Backcountry is often used in reference to federally-designated Wilderness areas

While Leave No Trace began as an educational program in the **backcountry**, it is more often used today in **frontcountry** recreational lands, or areas that are both easily accessible and heavily visited by day-users (i.e. hikers, dog walkers, mountain bikers, etc.).

Leave No Trace is now able to reach millions of people by providing education and outreach programs focused on these areas.

Here you will learn about some important definitions: **backcountry** and **frontcountry**. Leave No Trace is an education program that started in the backcountry but now has even more presence in the frontcountry, even a specific **Frontcountry Program**. Because of this, frontcountry-specific principles have been created.

Tutorial

On the last page we learned the difference between **backcountry** and **frontcountry**. Click on the button below to view the Leave No Trace principles for the **frontcountry**.

[Frontcountry Principles](#)

Know Before You Go, **S**tick to Trails and Camp Overnight Right, **T**rash Your Trash, **L**eave It As You Find It, **B**e Careful with Fire, **K**eeP Wildlife Wild, **S**hare Our Trails and Manage You Pet

Tutorial

These principles help remind us how to **minimize our impact** when we enjoy the outdoors. Think about some human-created impacts you have seen before at a local park, recreation spot, or Wilderness area.

After you have come up with a few from your own experience, click on the button below to find out about other **visitor-created impacts** Leave No Trace education programs try to prevent.

Visitor-created Impacts

Trash; **T**rampled Vegetation; **V**isitor-created trails; **F**orest fires; **W**ildlife habituated to human food; **C**onflicts between different outdoor groups; **V**andalized cultural/historic sites; **C**ontaminated lakes and streams; **N**ames carved in trees

The Leave No Trace program helps people **minimize their impact** in the outdoors. Some impacts are avoidable and some are unavoidable. Keeping the Seven Principles in mind will help you minimize impacts on your next outing.

PRINCIPLES

You will now learn about the **Seven Principles** in more depth. Use these pages as a reference for the assessment and jot down a few notes.

Tutorial

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Travel in small groups. Split larger parties into groups of 4-6.
- Use a map and compass to eliminate the need for tree scars, rock cairns, or ribbons.
- Repackage food into reusable containers.
- Prepare for all types of weather and be prepared for emergencies.



Plan Ahead and Prepare—easy things you can do before a trip to minimize your impact, to make sure you are safe and have fun!

Tutorial

Travel and Camp on Durable Surfaces

On the trail

- Stay on designated trails.
- Walk in the middle of the path.
- Do not cut switchbacks.
- When traveling cross-country, choose the most durable surface available: rock, gravel, dry grasses, or snow.

At camp

- Good campsites are found, not made. Altering a site should not be necessary.
- Choose an established, legal campsite that will not be damaged by your stay.
- Keep pollutants out of water sources by camping at least 200 feet (70 adult steps) from lakes and streams.



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Travel and Camp on Durable Surfaces—things you can put into practice on the trail and at camp to minimize your impact.

Leave No Trace Online Awareness Course

Tutorial

Dispose of Waste Properly

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



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Dispose of Waste Properly—how to pack it in and pack it out to leave a place better than you found it and keep a clean and sanitary campsite.

Tutorial

Leave What You Find

- Preserve the past. Do not damage historical structures or remove artifacts.
- Leave rocks, plants, and other natural objects where found.
- Do not build structures or furniture or dig trenches.

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Leave What you Find—how to leave an outdoor space better than you found it.

Tutorial

Minimize Campfire Impacts

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

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Minimize Campfire Impacts—how to have a safe, fun, minimum impact fire and other alternatives.

Tutorial

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed wild 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. Keep pets under control at all times.
- Avoid nesting animals and leave young animals alone.



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Respect Wildlife—how to keep wildlife wild.

Tutorial

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of trail when encountering pack stock.
- Take breaks on durable surfaces away from the trail.
- Let nature's sounds prevail. Keep noise levels to a minimum.



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Be Considerate of Other Visitors—how to share common outdoor spaces and contribute to everyone's enjoyment of the outdoors.

TRAINING AND PROGRAMS

Tutorial

How does the Leave No Trace program work?

- Educational Materials and Publications
- Courses and Workshops
- Public Education and Outreach Programs
- Volunteers



The next page will tell you about some key **programs** offered through the Leave No Trace for Outdoor Ethics. It might be helpful to take notes on the program names.

Understand the three-tiers of Leave No Trace **training**, the **programs** offered by the Center for Outdoor Ethics and where to find more information.

- **PEAK** (Promoting Environmental Awareness in Kids) - Leave No Trace curriculum for youth
- **Subaru/Leave No Trace Traveling Trainers** - Primary outreach program reaching millions of people across the US each year
- **Grants and Scholarships** - Four different programs offering educational materials and training to the public
- **State Advocate Program** - Primary volunteer program with advocates coordinating events and trainings in almost 50 states

There are many programs offered by the Center for Outdoor Ethics. These are four key programs that have been available to the public for years. For more information on other programs, visit the **Programs** tab on the Leave No Trace website: www.LNT.org

It is important that you open a new Window (File>New Window) so that you don't lose your place in the course. You will not be timed out of the course.

Tutorial

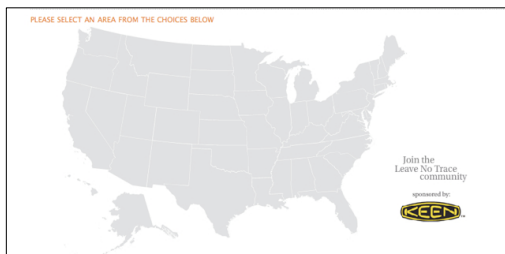
There are many ways to get involved in the Leave No Trace program:

- Become a member
- Follow the Community Blog
- Apply for a grant
- Connect with your State Advocate or Educators in your region and volunteer

Please take a minute to view the **Community Map** on our website. From there you'll be able to click on your state and find Leave No Trace related information for your region. Click on the community button below and see if you can find the name of your **State Advocate**.

There are many different ways to **get involved** with the Leave No Trace program. To tap into your community network, visit the community pages (see the map below):

http://lnt.org/01_community/index.php



It is important that you open a new Window (File>New Window) so that you don't lose your place in the course. You will not be timed out of the course.

Tutorial

This is the last page before you'll proceed to the assessment section. This online course will help you receive a certificate indicating you have taken an **Awareness Workshop**.

There are two other formal training options in the Leave No Trace training structure. They include:

- Trainer Courses - 2 day field courses ending with a certificate as a Leave No Trace **Trainer**
- Master Educator Courses - 5 day field-based courses ending with a certificate as a Leave No Trace **Master Educator**

The three tiers of Leave No Trace Training are: **Awareness Workshops, Trainer Courses** and **Master Educator Courses**. To find out more about Training options, visit:

<http://lnt.org/training/index.php>

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Congratulations! You can proceed to the assessment. Use this job aid as a study guide.

