



Physical Challenge and Remoteness Scales for OAC Trips

PHYSICAL CHALLENGE SCALE

The physical challenge scale is meant to provide insight into how much physical exertion you can expect on your trip or clinic and ideas on how to get ready for the trip. The designation does not provide any insight into recommended experience level, inherent risks on the trip, pre-trip meetings or emotional challenges you may face, such as a fear of heights. If you have health concerns about your readiness for these activities, it is recommend you speak to your physician before beginning any work out regimen.

Level 1: Little to no training needed, this trip is easy.

This our lowest level of physical exertion while on a trip. Examples include short hikes of up to a mile with a light day backpack, leisurely paddling a canoe for two hours or lifting a maximum of 20 pounds.

Getting ready for a Level 1 Program: stretching and normal walking to class. Consider taking the stairs instead of the elevator.

Level 2: Some minimal fitness is needed, this trip is easy but may push some.

We recommend participants maintain or begin a semi consistent exercise routine prior to participating in these trips. Examples of expected effort might be hikes of 2–3 miles with a day backpack, paddling a sea kayak or canoe for three to four hours or lifting 30 pounds.

Getting ready for a Level 2 Program: 15 minutes of light jogging, elliptical or other cardio workout, 2–3 times per week. Consider mixing Group Fitness Class like Simply Strength, Yoga or Indoor Cycle.

Level 3: A basic level of physical fitness is a requirement to enjoy this trip, you should not be intimidated by running for 10 minutes without stopping; many participants will experience some physical challenge with this trip.

We recommend that participants already have a base of fitness training and continue or increase training to three to four times per week. Examples of expected effort might be four to six miles with a 30 pound backpack, paddling a canoe or kayak for four or more hours, being able to lift 40 pounds.

Getting ready for a Level 3 Program: 20–30 minutes of running, swimming, elliptical or other cardio workout three to four days per week. Consider mixing in Group Fitness classes like Full Body Challenge, TRX®, Zumba®, Pilates, Yoga, Indoor Cycle or Circuit Cycle.

Level 4: Considered a rigorous trip, you should have an above average level of physical fitness and be comfortable with running for 20 minutes without stopping.

We recommend that participants already have a solid base of fitness training and continue or increase training to five to six times per week. Examples of expected effort might be hiking six to eight miles with a 35 pound backpack, paddling a canoe or kayak for 6 or more hours over multiple days or being able to lift 40 pounds.

Getting ready for a Level 4 Program: 30 minutes of running, swimming, interval training, resistance training or other up-tempo cardio workout, five to six days per week. Consider mixing in Group Fitness class like TRX®, Cross Training, Kickboxing, Power Yoga, Indoor Cycle or Circuit Cycle.

Level 5: This is a physical demanding trip, you should have a high level of physical fitness and be comfortable with running for 30 minutes without stopping.

We recommend that participants already have an advanced base of fitness training and continue or increase training to five to six times per week. Examples of expected effort might be eight to ten miles on steep, uneven terrain with a 35 pound backpack on, paddling a kayak or canoe for eight or more hours per day over multiple days.

Getting ready for a Level 5 Program: 30 minutes of running, swimming, interval training, resistance training or other up-tempo cardio workout, five to six days per week. Consider mixing in Group Fitness class like TRX®, Cardio Barbell, Bootcamp, Kickboxing or Power Yoga. Please speak with a staff member if you have any uncertainty about your ability to face the physical demands of a trip or clinic. OAC staff will provide reasonable accommodations to participants who have an interest in developing themselves through one of our offerings. Please do not assume you cannot handle a trip without speaking with us.





Outdoor Adventure requires a variety of physical fitness related components including:

Cardiovascular Endurance: the ability to deliver oxygen to muscles and maintain a relatively normal level of breathing while working at consistent and/or various intensities

Balance/Coordination: the ability to distribute weight to enable yourself to remain upright and steady

Core Stability: the ability to stabilize the muscles of the trunk to maintain good posture and balance during movement

Flexibility: the ability to easily adjust body positions through various ranges of motion

Muscular Endurance: the ability of a muscle or group of muscles to repeatedly exert force against a resistance

Agility: the ability to move quickly and easily both forward and while changing directions

Muscular Strength: the amount of force a muscle can produce with a single maximal effort

The below table outlines how some of the components relate to specific outdoor activities.

Requirements	Cardiovascular Endurance	Balance / Coordination	Core Stability	Flexibility	Muscular Endurance	Agility	Muscular Strength
Backpacking	✓	✓	✓		✓	✓	✓
Canoeing			✓		✓		✓
Caving		✓	✓	✓			
Hiking (No Pack)	✓	✓					
Kayaking	✓		✓		✓		✓
Rappelling				✓	✓		
Rock Climbing		✓	✓	✓	✓	✓	✓
Mountain Biking	✓	✓	✓		✓	✓	✓

REMOTENESS SCALE

Trips range in how remote they are, as in how accessible modern day conveniences are.

The below scale is meant to provide insight into your trip and how remote it is expected to be.

Level 1: Considered a “front country trip,” you can expect showers, flush toilets and somewhat regular access to electrical outlets/cell phone coverage. Sleeping arrangements may be in indoors or in tents.

Level 2: Still a front country trip, but with less conveniences; likely pit toilets and no faucet water, sporadic access to electrical outlets/cell phone coverage. Sleeping arrangements are likely in tents.

Level 3: This is a backcountry trip, participants on this trip will sleep in tents and there will be no access to showers, running water or toilets. Water will be treated from local water sources. Trip leaders will teach participants how to dispose of waste properly by following Leave No Trace ethics.