

SAINTS GLOBAL

LEADER GUIDE

OUTDOORSMAN

PHYSICAL CORE

Version 2026.1





PURPOSE & IDENTITY

SKILL BADGE PURPOSE

This skill badge is designed to help saints develop essential skills in outdoorsman. Through structured learning and hands-on activities, participants will gain practical experience and deepen their understanding of key concepts.

DEVELOPMENT CORE: PHYSICAL

This badge develops physical attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Understanding fundamental concepts and principles
- Developing practical application skills
- Building confidence through hands-on experience
- Connecting learning to daily life

TIME COMMITMENT

4-6 weeks (suggested)

RECOMMENDED AGE

12+ years



SAFETY CONSIDERATIONS

SUPERVISION

Ensure appropriate adult supervision for all activities following Saints Global guidelines. Never leave youth unsupervised during badge activities.

PRIVACY

Respect personal experiences and information shared during activities. Maintain confidentiality and help youth understand appropriate boundaries.

ENVIRONMENTAL SAFETY

Assess outdoor locations and weather conditions before activities. Ensure proper shelter, hydration, and protection from hazards appropriate to the environment.

FIRST AID

Maintain a first aid kit and ensure at least one leader is trained in basic first aid. Know the location of the nearest medical facility and have emergency contact information readily available.

EMERGENCY CONTACTS

Troopmaster: _____

Emergency: _____



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- ☐ Review all DISCOVER requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE

Requirement 1a: Explain what can be learned about God, self-discipline, and stewardship from working and traveling outdoors compared to indoor activities.

HOW TO TEACH

- Give the Saint a moment of silent reflection before answering
- Ask for a specific moment outdoors that taught him something indoors could not
- Discuss self-discipline as a quality the outdoors enforces, not requests
- Connect outdoor work to stewardship of creation

Completion: Saint explains what can be learned about God, self-discipline, and stewardship from working outdoors versus indoors.

Requirement 1b: Discuss common outdoor hazards (weather, terrain, wildlife, fatigue) and how preparation reduces risk.

HOW TO TEACH

- Walk hazards by category (weather, terrain, wildlife, fatigue) using a real trip in mind
- Have the Saint name one preparation step for each that reduces risk
- Discuss what failure looks like for each hazard
- Reinforce that preparation is what separates inconvenience from emergency

Completion: Saint discusses common outdoor hazards and explains how preparation reduces risk for each.



STEP 2: PLAN

LEADER PREPARATION

- ☐ Review all PLAN requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Choose one primary outdoor mode (hiking/backpacking, camping, cycling, paddlecraft, or sailing) and prepare a plan covering weather, shelter, food, water, sanitation, and equipment transport.

HOW TO TEACH

- Help the Saint pick one mode he will actually use, not the most ambitious one
- Walk weather, shelter, food, water, sanitation, and gear transport one by one
- Have him write the plan in his own hand or document
- Reinforce that a written plan separates a trip from a wander

Completion: Saint plans his chosen outdoor mode covering weather, shelter, food, water, sanitation, and equipment transport.

Requirement 2b: Explain how you would adjust your plan for severe weather, limited daylight, or injury.

HOW TO TEACH

- Walk through severe weather, limited daylight, and injury contingencies
- Have the Saint state what changes in his plan for each scenario
- Discuss the decision points where the trip ends or continues
- Reinforce that adjustments rehearsed beforehand are easier in the moment

Completion: Saint explains how he would adjust his plan for severe weather, limited daylight, or injury.



STEP 3: ACT

LEADER PREPARATION

- ☐ Review all ACT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Construct a functional shelter or lean-to using a tarp, rope, and natural materials, and explain bedding and ground insulation choices.

HOW TO TEACH

- Demonstrate shelter construction on the actual terrain, not in a classroom
- Have the Saint build a working shelter with tarp, rope, and natural materials
- Walk bedding and ground insulation choices for the specific conditions
- Reinforce that a dry, warm Saint sleeps; a cold, wet Saint suffers

Completion: Saint constructs a functional shelter or lean-to with tarp, rope, and natural materials and explains bedding and insulation choices.

Requirement 3b: Serve in a leadership role (planner or quartermaster) for an outdoor trip, managing food, equipment distribution, and safety considerations.

HOW TO TEACH

- Place the Saint in a real planner or quartermaster role for a trip
- Watch how he manages food distribution, equipment, and safety calls
- Discuss what slipped under pressure and how he recovered
- Reinforce that outdoor leadership is logistics first, charisma second

Completion: Saint serves as planner or quartermaster for an outdoor trip, managing food, equipment, and safety.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)

Requirement 3c: Lead navigation during an outdoor activity, demonstrating map orientation, route-following, and situational awareness.

HOW TO TEACH

- Have the Saint lead navigation during a real outdoor activity
- Watch his map orientation, route-following, and situational awareness
- Discuss what he missed when fatigue set in
- Reinforce that leading navigation requires staying alert when others can relax

Completion: Saint leads navigation during an outdoor activity with map orientation, route-following, and situational awareness.

Requirement 3d: Complete at least one demanding outdoor experience (long hike, overnight camp, paddle day, or cycling trip) demonstrating endurance and responsibility.

HOW TO TEACH

- Pick a demanding outdoor experience appropriate to the Saint's training
- Watch for endurance, decision-making, and care for the group
- Discuss what showed up in him that he did not expect
- Reinforce that the demanding trip is the field test of all the preparation

Completion: Saint completes one demanding outdoor experience demonstrating endurance and responsibility.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)

Requirement 3e: Complete one outdoor service or stewardship action, such as trail care, campsite restoration, or teaching outdoor skills to others.

HOW TO TEACH

- Confirm the service or stewardship action serves a real outdoor place or community
- Have the Saint document what changed (trail repaired, site restored, skill taught)
- Discuss what he would do differently in the next service project
- Reinforce that outdoor competence creates outdoor service capacity

Completion: Saint completes one outdoor service or stewardship action and documents what changed.



STEP 4: REFLECT

LEADER PREPARATION

- ☐ Review all REFLECT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Explain what outdoor skill or leadership responsibility stretched you the most and how you adapted.

HOW TO TEACH

- Give the Saint a moment of silent reflection before answering
- Ask for a specific skill or responsibility that stretched him most
- Discuss how he adapted and what the adaptation cost
- Avoid correcting the Saint's reflection — listen and affirm

Completion: Saint explains what outdoor skill or leadership responsibility stretched him most and how he adapted.

Requirement 4b: Describe how outdoor competence builds humility, gratitude, and readiness to serve.

HOW TO TEACH

- Begin with a brief personal example tying outdoor competence to humility
- Ask the Saint to name a moment when nature exceeded his preparation
- Discuss how readiness to serve is different from readiness to perform
- Keep the connection grounded in the Saint's own outdoor experience

Completion: Saint describes how outdoor competence builds humility, gratitude, and readiness to serve.



RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.