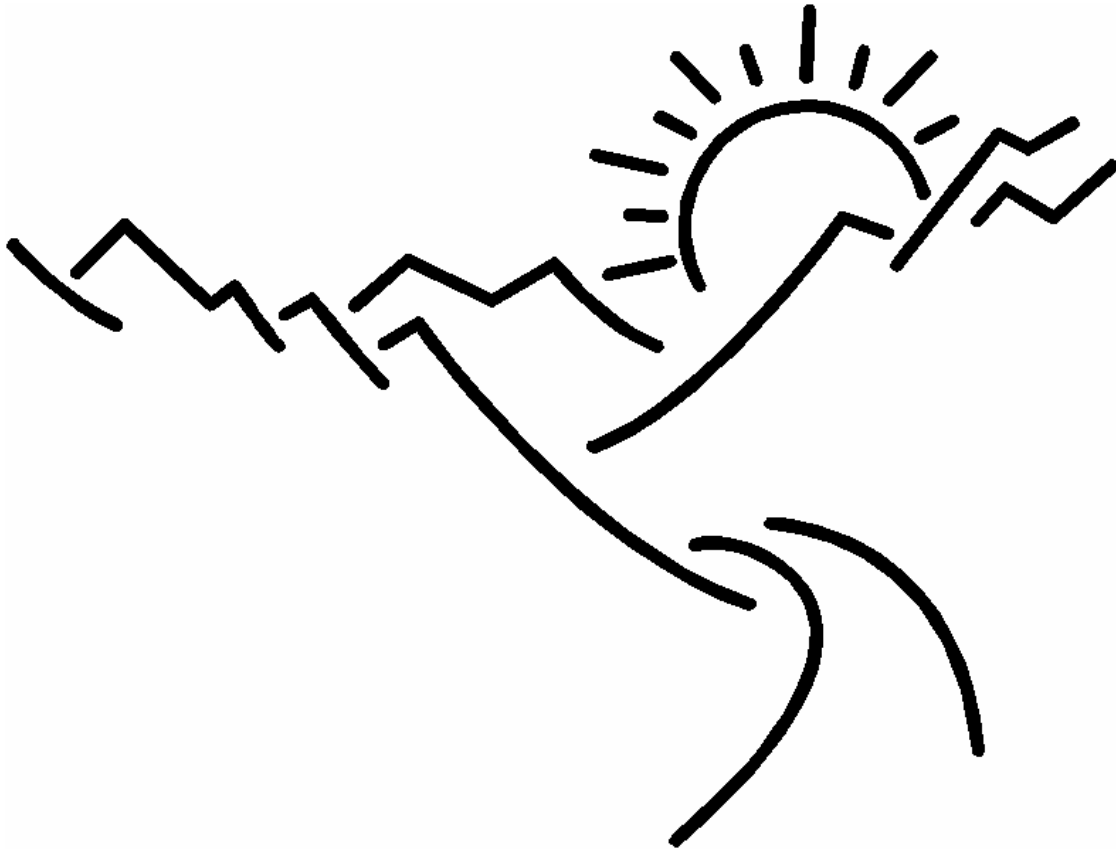


OUTDOOR LEVEL I
OUTDOOR BEGINNINGS

The Home Study Questionnaire



Welcome to Girl Scouts of Kentuckiana Outdoor Beginnings Home Study. Whether you are a seasoned outdoor lover, a person transferring from another council, or a brand new leader, we hope that you will find some new ways of looking at taking other people's children into the outdoors and will want to extend your camping training.

Purpose of the Training:

Girl Scouts of the USA (GSUSA) tightly regulates training of adults who are responsible for girls at camp whether it is for the day, for an overnight, or for an extended trip. In order to meet their requirements and to manage risks to our council, having at least one Approved Outdoor Leader to plan trips and accompany girls is a council policy.

Successful completion of this home study course will qualify you as a Level I Approved Outdoor Leader. You may take troops or groups out for the day to go hike, have a picnic, and get a taste of outdoor fun. (You will NOT be approved for building fires or teaching girls about handling camp tools until you have completed Level II.) This training qualification will expire in five (5) years; however, if you qualify at Level II or above, there is automatic extension of Level I qualification. For additional information about our council's outdoor training levels, consult Leader Information Book, pp. F-1, F-2.

Many of today's girls have little if any experience in being outdoors for more than a few minutes at a time. They are not ready to deal with temperatures that may be uncomfortable, with little crawly creatures they may encounter, with a potty that does not flush, and with taking care of themselves in simple ways. Taking the girls (and often their parents) out for the day for the first few times is an excellent way to address some of these new experiences in a very non-threatening setting. A good day-long adventure leaves the group begging for more.

We often speak of progression within the Girl Scout program. Starting girls out with a day-long adventure before tackling an overnight is a prime example of what we see as progression in outdoor program.

Materials You Need:

- *Safety-Wise* (SW), a GSUSA publication that contains program standards that Girl Scouts everywhere must follow.
- Leader Information Book (LIB), a loose-leaf publication by Girl Scouts of Kentuckiana that contains council policy, a section devoted to camping and camp properties, forms which are used by leaders, and much more.
- *Outdoor Education in Girl Scouts* (OEGS) is a GSUSA resource book.
- Outdoor Beginnings, the Level I packet, a Girl Scouts of Kentuckiana collection of advice, ideas, general information, and more.
- "You Asked for It," a video tape to introduce you to our council's camp properties and how to access them.
- Additional home study resource pages, Foot Notes, Poison Ivy, and Bathrooms, etc.
- Leave No Trace hanger
- Form #660 Reservation Form for Girl Scouts of Kentuckiana Campsite

When you complete this course, the Level I packet is yours to keep, so feel free to mark it up as you go along. If you are a troop leader, you probably have your own copy of LIB and *Safety Wise*; if not, consult your SUM or MDS to obtain your copies as you should consult those periodically when planning Girl Scout program. If you are not a troop leader but are becoming the Approved Outdoor Leader, ask the troop leaders of the troop for these materials as needed. *Outdoor Education in Girl Scouting* (OEGS) is available for purchase at the council store or for checkout from the council library.

Why Take Girls Outdoors

What a great place to put the Girl Scout Promise and Law into action! Girls learn teamwork and sisterhood. They are challenged to take new risks and as they meet those, they grow in self-esteem. They learn life science first-hand, so much better than out of a book! There are opportunities for each girl to take care of herself, to help others, to live in harmony with nature, and to appreciate and wonder about the world beyond the familiar walls of home and school.

1. You don't have to be an expert to introduce girls to the outdoors: Consult OECS, Chapter 2. Complete this quotation from p. 17. "You don't have to be an "expert" because

_____.

2. As you read about various program ideas, find out what materials you would need to have on hand for each. Check (✓) all required materials.

Neighborhood Mapping:

- Paper and pencil
- Nothing other than advanced thought
- Miscellaneous items
- Community expert

Theme Walks

- Paper and pencil
- Nothing other than advanced thought
- Community expert

Safari

- Paper and pencil
- Nothing other than advanced thought
- Miscellaneous items
- Community expert

Bird Behavior

- Paper and pencil
- Nothing other than advanced thought
- Miscellaneous items
- Community expert

Focus the View

- Paper and pencil
- Nothing other than advanced thought
- Miscellaneous items
- Community expert

Examining Soil

- Paper and pencil
- Nothing other than advanced thought
- Miscellaneous items
- Community expert

Dressing for the Weather:

Teaching girls how to appropriately dress for the expected weather is extremely important. Consult *Safety Wise* (SW) pp. 82-83. For warm weather, cotton t-shirts are great choices. Tops with spaghetti straps, halters, crop tops, and other clothing items which cover less skin than a t-shirt are NOT good choices for camp wear. Cool weather demands other fabric considerations. Cotton absorbs moisture so well and holds the wetness. Then, due to evaporation, the wearer feels cooler. Cotton also compacts when damp and thus does not keep tiny air spaces for insulation. These features make cotton clothing a risky choice for cool weather. For rainy days at camp, water repellent jackets and ponchos are usual choices. Umbrellas are seldom seen at camp!

3. **Hats:** It is often a tradition to see Girl Scouts at camp wearing hats. According to OEGS, p. 32, how much body heat is conserved by wearing a hat?
4. According to the Outdoor Beginning packet, in what instance should hats be removed? Why?
5. Why does SW p.82 recommend clothing which covers the shoulders and back?
6. Why does SW p. 82 recommend cotton clothing in hot weather?
7. According to the Outdoor Beginnings packet, list three fabrics that are good insulators even when wet.

8. Layering is the basic principle of outdoor clothing. Read about layering on p. 32 of OEGS. Complete the following statements.

“Layering involves wearing layers of garments rather than_____. Each layer must provide _____ and _____ without hindering mobility.

...The first layer should be made of breathable material so that _____ will not be trapped. The second layer provides _____ and may consist of several pieces of clothing. The final layer should be a jacket that gives protection from _____ or _____.”

9. Consult “Foot Notes” in your home study resources. Mark each of the following statement T (true) or F (false) according to what you read.

_____ When girls go wading in the creek, it is OK to be bare footed.

_____ Sandals are never permitted at Girl Scout camp in this council.

_____ Socks can be of any length desired by the wearer.

_____ Boots are absolutely necessary for all outdoor walking.

10. You will want to plan troop meeting activities which will prepare the girls for their outdoor adventure. One idea that has worked well is to bring a variety of clothing choices and let the girls choose among them to dress up for the appropriate weather.

If you brought all of the following items for your girls to select among, you would need to decide in advance what the correct choices would be. Mark this list as an answer key. Mark W for warm weather, C for cool weather, R for rainy weather, and X for “Don’t Bring.”

___ Fleece jacket

___ straw hat

___ poncho

___ nylon windbreaker

___ Denim jeans

___ 50/50 blend turtleneck

___ mittens

___ Baseball cap

___ high heels

___ cotton t shirt

___ Acrylic sweater

___ shorts

___ wool socks

___ cotton socks

___ Umbrella

___ ski jacket

___ full length coat

___ Long underwear

___ halter top

___ insulated vest

___ flip-flop sandals

Weather Emergencies:

11. Weather emergencies may occur at any time in the Kentuckiana area, and in order to lead your group effectively, you must “Be Prepared.” Consult *Safety Wise*, p. 33, for some important principals to follow. Complete the following paragraph:

“When warning of an impending emergency is issued, _____
planned for that area. If an activity is already in progress, take measures to
_____. To do this, plans for _____ and
_____ from the meeting place, campsites, and all other sites should be
_____, posted, and practiced in advance.”

12. Consult Outdoor Beginning packet, p. 14. Where will you be able to find specific emergency information for each council property?

13. Where will you be able to find weather radios at council properties?

Hiking:

14. **Hiking Itinerary Form:** There are many ways to enjoy the outdoors, and taking a hike is surely a staple idea. A hike can vary in length and purpose from something far less than an hour to an all day event depending on the age and readiness of the participants.

Even for a short day walk, it is important that your group stays “found” and returns safely. A measure that is used in our council is the **Hiking Itinerary Form** found on page 23 of the Outdoor Beginning packet. **According to the directions on the form, what steps are followed in using it?**

15. **Buddy System.** When Girl Scouts are doing outdoor program, they use the buddy system as part of the safety measures. Refer to p. 14 in *Outdoor Beginnings*.

Check (✓) all of the items which are true according to the packet.

- Buddies are teams of two who are responsible for each other.
- Leaders plan how the buddy system will work; girls are NOT involved.
- Buddies stay together at all times.
- Buddies warn each other of danger.
- Leaders need to review hazards with girls.
- Buddies are permanent partners throughout the outing.
- Leaders should conduct periodic buddy checks.

Consult *Safety Wise*, p. 88 for **Hiking Checkpoints**.

16. Where should adults be found in a group of hikers?

17. Off trail hiking is avoided. What is the reason for this?

Ticks and tick borne illnesses are a concern that we must face in Kentuckiana. We do not have a large number of cases of these illnesses, but as part of your responsibility for other people's children, you need to know practices that must be followed if a person in your party has a tick which has attached itself.

18. Consult pages 92-94 in OEGS. List four steps given for tick first aid.

1. _____

2. _____

3. _____

4. _____

19. **Poison Ivy:** Consult the resource sheet.

Which of the following practices are helpful in preventing a rash from poison ivy? Check (✓) all practices that are helpful.

- Rinse exposed areas with water.
- Learn to identify the plant, and try to avoid contact with it.
- Wash exposed areas of skin with soap and water.
- Change clothes if you suspect items have touched poison ivy.

Staying Found in the Out of Doors

20. **Preparing Girls to Stay Safe if Lost:** Before girls go on an outing, they need to be mentally prepared for what to do if they should become separated from the group. At a troop meeting, they might decide to put on a skit or role-play what to do. We often say, “Hug a tree.” Consult Outdoor Beginnings packet and check (✓) all of the actions that girls could include in their role-playing or skit. (Only check items listed in the packet.)

- | | |
|--|--|
| <input type="checkbox"/> Blow a whistle. | <input type="checkbox"/> Answer back if they hear their name being called. |
| <input type="checkbox"/> Build a fire | <input type="checkbox"/> Move away from their tree if they hear a plane or helicopter. |
| <input type="checkbox"/> Stay in one spot. | <input type="checkbox"/> Look for wild edible foods. |
| <input type="checkbox"/> Hug a tree. | <input type="checkbox"/> Curl up and take a nap. |

21. What to do if a girl or pair of girls is lost: If you have taken precautions, have adequate adult supervision, and have set some ground rules for the group, the chances that girls will become lost are very slim. However, it could happen. **After you have carefully checked the immediate area, what should you do next?** (See the Outdoor Beginnings packet)

Leave No Trace/Minimum Impact Camping

22. Girl Scouts follow **Leave No Trace** practices of outdoor ethics. Match these ethics on the left with actions that demonstrate them on the right. Write the correct letters in the blanks.

- | | |
|--------------------------------------|--|
| ___ Plan ahead and prepare | a. Take along a trash bag and use it. |
| ___ Travel on durable surfaces | b. Leave loud boom boxes at home. |
| ___ Dispose of waste properly | c. Stay on the trails and roads. |
| ___ Leave what you find | d. Enjoy wildflowers but don't pick them. |
| ___ Respect Wildlife | e. Bring rain gear, maps, & water bottles. |
| ___ Be considerate of other visitors | f. Watch the turtle, but don't feed it. |
| ___ Minimize campfire impacts | g. Take a no-cook sack lunch! |

No Cook Food

23. In Girl Scouts, you are likely to hear the term “nose bag lunch.” Refer to Outdoor Beginnings packet . **What do Girl Scouts mean when we say nosebag lunch?**

Consult Outdoor Beginning packet. **Which of the suggested No-Cook Ideas might your girls choose and enjoy preparing on an outing?**

Council Resources & How to Reserve Them

It’s time to view the video that accompanies this home study . Have in hand the LIB, and be ready to look at section G. You will also need to consult a **Reservation Form for Girl Scouts of Kentuckiana Campsite.**

24. At the bottom right of the form, you will find the resource sheet number and a date. State the number of the form: _____ State the date: _____

For multiple choice questions, please circle the letter of the correct response.

25. To complete this form, you must list:

- a. The names of all adults who will be accompanying your group .
- b. The person in charge, certified camper, and first aider.
- c. The names of all girls who will attend.
- d. All of the above.

26. If you were reserving the Picnic Pavilion at Stem Adventure Center for day use, and your group had 6 girls and 2 adults, what fee would you need to send with your reservation?

- a. No fee. Day use is free.
- b. \$4.00. That is \$.50 per person.
- c. \$5.00 minimum fee.
- d. \$8.00 @ \$1.00 per person.

27. Consult the Reservation Form. If you and your co-leaders want to preview a camp facility prior to making a reservation, you should:

- a. Drive out to the camp some afternoon and just take a nice walk.
- b. Call the Site Manager before you leave for camp .
- c. Make arrangements through the Camp Registrar at the Girl Scout office.
- d. Take all of your girls along when you go to preview the camp .

28. If you were going to Houchens Program Center for a day outing, which Service Center would you contact for reservations?
- Bear Creek
 - Caveland
 - Heartland
 - Pennyroyal
29. At Houchens, which of the following is true?
- The ranger lives on site.
 - The ranger lives in the A frame house near the entrance.
 - The ranger does not live on site, but is available by telephone.
 - The ranger does not live on site, but he spends Saturday at camp.
30. Which one of our camps is located on Kentucky Lake?
- Barren Ridge
 - Bear Creek
 - Whippoorwill
 - Pennyroyal
31. If you used Camp Barren Ridge for a day outing, what would you do with your picnic garbage?
- Place it in the dumpster located at the site.
 - Leave it in plastic bags on the roadside near the entrance.
 - Place it in the red trash cans beside the building.
 - Take it home with you. There is no garbage service at this camp.
32. At several camps, archery equipment and a range are available for use. Which of the following is true?
- If no one is using the range, just ask the Site Manager for permission.
 - Advance reservation of the archery equipment is the only requirement for use.
 - If you have a trained archery instructor with you, you can use it.
 - Both advance reservations and a trained instructor are required.
33. At several camps, there are lovely lakes to swim in. Which of the following is true?
- Be sure to take your swimsuits, and just ask the Site Manager for permission.
 - Advance reservation for the swim area is the only requirement for use.
 - If you have a trained lifeguard with you, you can use it.
 - Both advance reservations and a trained lifeguard are required.

34. During the summer, two of our camps are used for resident camp program. This makes them unavailable during those months for troop users. Which two camps have resident camp?
- a. Pennyroyal and Bear Creek
 - b. Bear Creek and Shantituck
 - c. Pennyroyal and Stem
 - d. Shantituck and Barren Ridge

Planning Your First Outing

35. Consult LIB, Section C. Which of the following permissions are necessary for a troop or group to make a day outing?
- a. Written consent from parents or guardians.
 - b. Permission from the Membership Development Specialist
 - c. Permission from the Service Unit Manager
 - d. All of the above.
36. Girl Adult Ratio. Consult *Safety Wise* p. 69
If you were going on a day trip with 18 Brownies, how many adults would be needed to meet the minimum numbers required by Safety Wise?
- a. 5 adults
 - b. 3 adults
 - c. 7 adults
 - d. 2 adults
- 37. Transportation.** Consult *Safety Wise*, pp. 52-57 & 73. Mark the following items T (true) or F (false).
- ___ Before chartering a bus, check with the council for a list of approved bus companies.
 - ___ Private passenger cars and vans may be used during Girl Scout activities.
 - ___ A 16 year old, licensed driver can transport Girl Scouts to activities.
 - ___ Each person must have a seat and be buckled into a seat belt.
 - ___ Girls and their gear can be transported through camp in the cargo area of a pick up truck or in the back of a camper.

38. What to Take as Personal Gear

Consult the Outdoor Beginnings packet. Place a check beside each item on the following list that is suggested.

- | | |
|---|--|
| <input type="checkbox"/> aloe gel to soothe sunburn | <input type="checkbox"/> raincoat or poncho |
| <input type="checkbox"/> bandana or hat | <input type="checkbox"/> notebook |
| <input type="checkbox"/> camera | <input type="checkbox"/> radio with headphones |
| <input type="checkbox"/> food (a snack or a beverage) | <input type="checkbox"/> sun screen |
| <input type="checkbox"/> insect repellent | <input type="checkbox"/> sit upon |
| <input type="checkbox"/> jacket | <input type="checkbox"/> socks |
| <input type="checkbox"/> Kleenex | <input type="checkbox"/> water bottle |
| <input type="checkbox"/> long underwear | <input type="checkbox"/> unbreakable cup |

Girl Planning

Depending upon the age level of your girls and their experiences in the out of doors, the amount of planning they can do by themselves will vary greatly. However, it is our goal in Girl Scouting for the girls to participate as fully as possible in planning for their program.

39. Which of the following activities could be done at a troop meeting and would be part of girl planning?
- Decide what weekend would work best for most families.
 - Plan what clothing items should be listed on the permission slip.
 - Select Try-it or Badge activities to work on while there.
 - All of the above.
40. Consult OEGS pages 66 and 67. List three activities you believe your girls choose to do on a day outing.

Miscellaneous Adult Issues:

41. **Men in Camp.** Consult LIB, p. G-8. Mark each of the following statements true (T) or false (F).
- ___ Men can go along as co-leaders of troops or as adult volunteers.
- ___ Men who help by driving to camp could go fishing or explore camp by themselves while the troop is busy with its program.
- ___ Young boys who are with their parents as tagalongs may be in camp.
- ___ Men and boys must have assigned toilet facilities which are separate from girls and female leaders.

42. **Smoking.** Consult LIB, p. G-8. If an adult accompanying a Girl Scout group wishes to smoke while at camp, he/she must follow camp rules. Fill in the blanks to complete these rules.

Smoking in camp is allowed only _____.

Smoking is prohibited when _____.

Smoking refuse is to be disposed of properly

(_____)

43. **Alcohol, firearms, pets.** Consult LIB pages C-2, 3. Mark the following items T (true) or F (false).

___ Weapons which are properly licensed can be taken to a Girl Scout property.

___ Beer and wine may be consumed at camp, but not in the presence of girls.

___ Alcoholic beverages are not allowed on council property at any time.

___ It is permissible to bring your family dog and allow it to roam camp while you are there.

44. **Evaluating with Girls:** See LIB 2004, F-20. Complete the following statements.

Evaluation is especially productive when the girls have taken a _____

in _____ and _____ an activity.

Insist on a _____ atmosphere in which each girl can voice her thoughts, opinions, and needs without fearing _____ reactions from her peers.

45. **Goals.** Mark each of the following statements, 1, 2, 3, or 4 as it matches with a Girl Scout Program Goal. (See LIB 2004 F-21)

___ The troop uses teamwork to get camp jobs done.

___ The girl grows in self-reliance and self-esteem as she takes care of herself.

___ The girl makes new friends and feels she belongs to the group.

___ The troop uses decision making skills to plan healthy snacks.

How to Prepare Adults to Work with Girls

46. Now that you have completed your study of Girl Scout practices and policies, you will need to communicate those to the adults who will accompany your group on its outdoor adventure. Consult the Outdoor Beginnings packet, pages 3-5. (You might want to duplicate page 3 for each adult.)

Which of the following should all adults accompanying a group understand?

- a. The plans the girls have made
- b. Safety systems for the trip and the buddy system.
- c. Transportation safety standards in *Safety Wise*.
- d. b and c.
- e. All of the above.

Bathrooms, Latrines, and Emergency Calls

47. Oh yes, you can't go anywhere with girls that they don't need to use the restroom. Being at camp for the day is no exception. Consult the resource sheet provided to respond to the following question. Mark T (true) or F (false).

- ___ All camps have flushing toilets that are available to all groups.
- ___ After a latrine is used, the seat should be left closed.
- ___ Day users of camp should take along toilet paper.
- ___ Hikers need to carry a shovel to dig a deep hole in case of emergency calls in the woods.
- ___ Toilets are cleaned using spray disinfectant.
- ___ Used toilet paper needs to be carried out rather than left where it was used.

Please complete the following information:

Name: _____

Address: _____

Phone: (H) _____ (W) _____

Service Unit: _____ Troop #: _____

Your Service Center's Adult Education Specialist will notify you of the results of this home study. Successful completion will qualify you as a Level I Approved Outdoor Leader for 5 years. However, you will probably want to sign up for a Level II Basic Troop Camping class when you think your girls are ready to enjoy a campfire and spend the night. Consult a training calendar in print or on line at www.kyanags.org.