

# Outdoor Training Summit

September 16-17, 2017

Saturday					
Time	Session A	Session B	Session C	Session D	Session E
8:30-9:00 am	Registration, Coffee, Flag Ceremony				
	Brief overview of day and description of question box				
9:00-10:00 am	Leave No Trace	Naturalist Knowledge	Camp Songs and Traditions	CPR/First Aid	Outdoor Skills Training
10:00-11:00 am	Outdoor Cooking	Outdoor Arts and Crafts	Team Building		
11:00 am-12:00 pm			Outdoor Games		
12:00-1:00 pm	Lunch and Clean Up				
1:00-2:00 pm	All About Platform Tents	Pitching a Tent	Knife Skills	Outdoor Games	Outdoor Skills Training cont'd
2:00-3:00 pm	Naturalist Knowledge	What to Pack for...	Knot Tying	Just for Fun Archery	
3:00-4:00 pm	Outdoor Cooking	Outdoor Arts and Crafts	GORP	Just for Fun Archery	
4:00-5:00 pm			Orienteering	Outdoor Badges	
5:00-6:00 pm	Dinner and Clean Up				
6:00-7:30 pm	Girl Scout Forms, Regulations, and Q&A		Planning Large Events (Service Units) and Q&A		
7:30-8:30 pm	Review of Question Box, Troop Leader Roundtable, and Campfire Snacks				
8:30-9:30 pm	Night Hike				

Sunday				
Time	Session A	Session B	Session C	Session D
8:00-9:00 am	Breakfast and Clean Up			
9:00-10:00 am	Knot Tying	Camp Songs and Traditions	Leave No Trace	Outdoor Arts and Crafts
10:00-11:00 am	Knife Skills	Outdoor Badges	Just for Fun Archery	

## Session Descriptions

**All About Platform Tents** – Review what to expect when camping in a platform tent, what to do, and what not to do. After this session, you will be able to teach girls the dos and don'ts of camping in platform tents so that the tents can continue to be used by everyone.

**Camp Songs and Traditions** – Learn and review camp songs and traditions such as flag ceremonies. After this session, you will be able to teach girls songs and traditions so that they can perform their own ceremonies at meetings or outings.

**CPR/First Aid** – Become CPR/First Aid certified with this 3-hour course. There needs to be a certified First Aider for all troop excursions. After this session, this person can be you!

**GORP** – Learn about easy trail snack recipes, then make your own GORP to enjoy as an afternoon snack. After this session, you will be able to teach girls recipes so that they can pack their own snacks before outdoor activities.

**Just For Fun Archery** – Take a break and enjoy some archery, just for fun! After this session, you will be more comfortable doing archery and build confidence in leading your girls. This session DOES NOT certify you to teach your girls archery.

**Knife Skills** – Learn how to whittling pointed sticks for stick cooking and how to carve different shapes in wood. After this session, you will be able to teach your girls how to whittle for cooking or for fun.

**Knot Tying** – Learn how to tie and when to use advanced knots: the bowline knot, two half-hitches, clove hitch, and taut line hitch. After this session, you will be able to teach your girls how to tie more complicated knots for advanced purposes.

**Leave No Trace** – Review the seven principles of Leave No Trace and learn easy activities and games to use to teach girls. After this session, you will be able to help your girls learn about stewardship to preserve and protect our environment.

**Orienteering** – Learn how to use a compass and map to navigate. After this session, you will be able to teach girls how to use a compass and map to navigate in the wilderness.

**Outdoor Arts and Crafts** – Learn some fun arts and crafts to prepare for outdoor activities. After this session, you will be able to do these arts and crafts with girls to prepare them for the outdoors

**Outdoor Badges** – Review the different badges that involve getting outside as well as information about the Get Girls Outside initiative. After this session, you will be able to facilitate working on outdoor badges with girls.

**Outdoor Cooking** – Learn how to cook outdoors with a skillet, foil packets, and pie irons. After this session and after teaching your girls basic outdoor cooking, you will be able to teach girls more advanced cooking, empowering them to plan and use more complicated menus and cooking styles.

**Outdoor Games** – Learn some simple games that can be played outdoors. After this session, you will be able to teach your girls fun games to play outside.

**Outdoor Skills Training** – Go through the basic Outdoor Skills Training required of volunteers to bring girls to GSWPA camps. After this session, you will be prepared and authorized to bring girls to GSWPA camps.

**Naturalist Knowledge** – Go through an overview of basic naturalist information, including tree identification, bird calls, wildlife of Western Pennsylvania, and answers to any natural questions you might have. After this session, you will be able to teach girls about local flora and fauna, inspiring them to learn more about their environment.

**Pitching a Tent** – Learn how to pitch and take down a tent for primitive camping. After this session, you will be able to teach your girls how to use a tent so that you can go tent camping.

**Team Building** – Learn and practice team building activities that can be done with girls

**What to Pack for...** - Learn what to pack for different outdoor activities including a short hike, a day hike, an overnight in a cabin, and an overnight in a primitive tent. After this session, you will be able to teach girls what is appropriate to pack for different excursions, so girls will be able to pack for outdoor activities on their own.

## Track Suggestions

### 1. Beyond the Basic 8

- a. CPR/First Aid
- b. Knife Skills
- c. Knot Tying
- d. Outdoor Cooking
- e. Leave No Trace

### 2. Primitive Camping

- a. Naturalist Knowledge
- b. Pitching a Tent
- c. What to Pack for...
- d. GORP
- e. Orienteering

### 3. Girl Scout Traditions

- a. Camp Songs and Traditions
- b. Outdoor Arts and Crafts
- c. All About Platform Tents
- d. Outdoor Cooking
- e. Outdoor Badges

### 4. Outdoor Skills Training+

- a. Basic Outdoor Skills Training
- b. Knot Tying
- c. Knife Skills