# Training Course Descriptions

## Grade Level Courses

**Daisy Grade Level**

This Daisy Grade Level course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like badges and council programs, in this case, for Daisies. You will become an expert in what it means to have “girl-led programming,” with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Daisy/Brownie Grade Level**

This Daisy/Brownie course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like badges and council programs, in this case, for Daisy and Brownie grade levels. You will become an expert in what it means to have “girl-led programming,” with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Brownie Grade Level**

This Brownie Grade Level course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like badges and council programs, in this case, for Brownies. You will become an expert in what it means to have “girl-led programming,” with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Brownie/Junior Grade Level**

This Brownie/Junior course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like girl awards and council programs, in this case, for Brownie and Junior grade levels. You will become an expert in what it means to have “girl-led programming,” with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Junior Grade Level**

This Junior Grade Level course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like girl awards and council programs, in this case, for Juniors. You will become an expert in what it means to have “girl-led programming,” with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Junior Grade Level & Bronze Award**

This session focuses on the Junior Girl Scout level, including earned awards and leadership opportunities. You will also learn specific information about the Bronze Award and how to approach it with your troop.

**Cadette Grade Level**

This Cadette Grade Level course will help you, help girls find their voice with programs created especially for them. Girl Scout Grade Level courses guide you through resources like girl awards and council programs, in this case, for Cadette grade levels. You will become an expert in what it means to have "girl-led programming," with insight into Girl Scout traditions, including the girl uniform, and grade-level appropriate activities.

**Cadette Grade Level & Silver Award**

This session focuses on what to do with girls in their Cadette years, and how to guide girls who want to earn the Silver Award. What can Cadettes earn, and how can you lead those activities? What leadership awards are just for Cadettes? How can you involve girls in decision-making and leadership appropriate to their level? What resources are available to you, and where do you find them?

**Senior/Ambassador Grade Level**

This session focuses on what girls in their Senior and Ambassador years can do and an introduction to what is required for the Gold Award. What can they earn as Seniors and Ambassadors? How do these older girls take the helm in a girl-led troop? What opportunities are unique to these levels of Girl Scouting? What resources are available to you, and where do you find them?

## Highest Award Courses

**Bring on the Bronze**

Learn how Girl Scout Junior teams take on the Bronze Award. Bring on the Bronze will teach girls how to look around their neighborhoods or schools and find ways to make a change for the better. Girls learn how to follow their passion to find a project that meets a neighborhood, school, or local community need. Adults will learn how to guide girls to identify issues that they care about by exploring their projects.

**Striving for Silver**

Learn how Girl Scout Cadettes can work together or go solo to earn their Silver Award. Striving for Silver will teach girls how to look around their neighborhoods or schools and find ways to make a change for the better. Girls learn how to follow their passion to find a project that meets a neighborhood, school, or local community need. By exploring and developing their projects, adults will learn how to guide girls to identify issues that they care about.

This course is for both adults and girls but is aimed at girls.

**Go Gold**

Find out how to plan a Gold Award project! Learn about resources available to help you. Take a tour of the Go Gold Online platform with volunteers from the GSK Gold Award Team. Learn how to get your proposed project approved. Put yourself on the road to achieving this Highest Award.

This session is aimed at Senior and Ambassador girls who are thinking about earning the Gold Award. Troop leaders and parents are also welcome to attend.

**Take Action Project**

Lead girls, take action! Every girl that is a Brownie and above can complete a Take Action project to help solve a problem in their world. Learn how to teach the girls problem solving skills while planning how to come up with a sustainable solution that will make a difference.

## Outdoor Courses

**Outdoor Basics (previously Camp In A)**

Outdoor Basics authorizes you to take a troop/group on day outings at our camp properties and other natural settings but does not include fire-building or other outdoor heated cooking. You will learn about girl readiness, progression, planning, properties, hiking, and emergencies.

Outdoor Basics is valid for two years or until you complete Indoor Camping, whichever comes first.

**Indoor Camping (previously Camp In B)**

Indoor Camping authorizes you to take troops camping overnight in winterized buildings. Learn fire safety (preparation and extinguishing), fire building with girls, foil and stick cooking, safe use of charcoal, general safety precautions, and building cleanup. A campfire-cooked meal is included.

*What to bring*: A mess kit/ dunk bag (or your camp dishes and eating utensils), a water bottle, and (if you wish) note taking materials.

*Prerequisite*: Outdoor Basics

Indoor Camping is valid for five years or until you complete Outdoor Camping or Outdoor Update, whichever comes first.

**Outdoor Camping (previously Camp Out )**

This workshop authorizes you to take troops camping in tents at developed tent areas. Learn the use of propane stoves, care of platform tents, tent pitching and usage, tool craft, knots, care of aluminum pots, use and care of ironware, cooking by a variety of methods, meal planning and food preparation, and use of coolers for storage of perishable food items. A campfire-cooked meal is included.

*Prerequisite*: Outdoor Basics and Indoor Camping

*What to bring*: Bring a mess kit/dunk bag and a pocket knife (if you own one)

Outdoor Camping is valid for five years or until you complete Wilderness Travel, Outdoor Update, or repeat Outdoor Camping, whichever comes first.

**Outdoor Update**

Renew your certification or transfer skills from another council. Review and update outdoor skills, with a focus on topics related to safety and care of GSK equipment and properties. You will hear about updates from GSUSA and GSK policies and practices regarding group camping, hiking, cooking, and other common outdoor practices, as well as any GSK property updates.

Outdoor Update renews outdoor authorization for five years for Outdoor Basics, Indoor Camping, and Outdoor Camping. It does not renew Wilderness Travel.

**Outdoor Cooking**

Learn creative ways to cook outside using a Dutch oven, box oven, foil, and more as you fix a variety of foods using camp cooking techniques. Come hungry because you will sample everything we fix!

**Slingshots in Action**

Slingshots in Action authorizes you to teach slingshots to troops/groups. Learn how to construct a slingshot target range, and learn to aim and use a slingshot in a fun and safe environment. Slingshots may be used by all age levels, including Daisies, and learning to use slingshots is an excellent bridge for Daisies and Brownies to prepare for archery as they grow.

**Teams Course Facilitator**

Teams Courses build confidence and self-esteem, teamwork, decision-making, leadership, and foster appreciation and respect for differences. Learn team building games and about our low ropes courses including safety and effectiveness in building trust and problem-solving skills. Teams Courses are available at Camps Shantituck, Bear Creek, Pennyroyal, Houchens, and Stem.

Certification is valid for two years, renewable by documenting experience in teaching the class at least once every two years.

**Wilderness Travel**

Wilderness Travel authorizes you to take troops on a camping trip in a wilderness environment with as little impact on the environment as possible. Learn the use of basic backpacking equipment, lightweight stoves and tents, wilderness hygiene, cooking lightweight non-perishable foods, water treatment, safety, planning, and conditioning. Participants will be carrying gear and food in backpacks to the campsite. You will stay overnight and prepare and eat backpack-style meals during the training.

*Prerequisite*: Outdoor Basics, Indoor Camping, and Outdoor Camping

**USA Archery Level 1 Instructor**

The Level 1 Archery Instructor Certification Course provides the necessary tools to maintain a high level of safety both on and off the archery range. Level 1 Instructors are prepared to teach beginner archery programs to Juniors and above. The Level 1 Instructor will learn about range safety, range setup, the steps of shooting, and basic equipment and repair.

## Safety Courses

**American Red Cross Adult & Pediatric First Aid/CPR/AED**

Learn basic first aid, adult and child CPR, and AED procedures.

When the instructor has the class roster, they will enter data to the American Red Cross (ARC) website. Then ARC will send you a link to watch the CPR and first-aid videos online ahead of your in-person class.

Certification is valid for two years.

**Wilderness and Remote First Aid**

The primary purpose of the Red Cross Wilderness and Remote First Aid course is to provide individuals with a foundation of first-aid knowledge and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services. Examples include wilderness and remote environments and urban disasters such as earthquakes and tornadoes.

*Prerequisite*: Current (within one year of the date of issue) Adult First Aid/CPR/AED certification from the American Red Cross (or another recognized training agency). Participants must also be 14 years of age on or before the last scheduled session of the course.