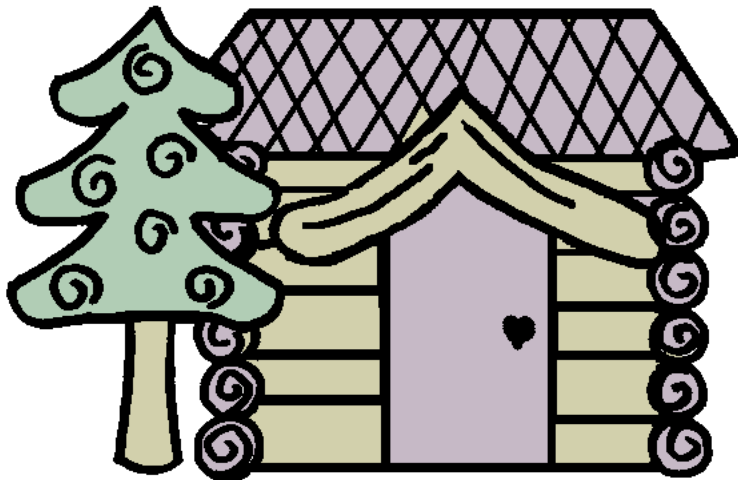


# Outdoor Skills

## Cabin Camping

### Re-Qualification

*Assessment*



# Outdoor Skills - Cabin Camping Re-Qualification

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ (Home) _____ (Cell)
Email _____
Service Community Name _____ Troop # _____
Grade Level _____ Date attended Outdoor Skills Training _____

Girl Scouts of Citrus Council's policy is that an Outdoor Skills certification is good for 5 years. After 5 years to stay current you must re-qualify. You may re-qualify by either attending the same level of Outdoor Skills Training again, by attending the next level of Outdoor Skills training or by completing a Re-Qualification workbook. You may only re-qualify one time using the workbook method. Any of these options will re-qualify you for another 5 years.

To re-qualify using the workbook method complete the Outdoor Skills - Re-Qualification workbook and return it along with \$7 to **Girl Scouts of Citrus Council, 341 North Mills Ave., Orlando, FL 32803**. After review of your workbook, you will be notified of the status. If your answers need clarification or are incomplete, you may be contacted to discuss any concerns. In some instances a telephone or in-person overview may be required to complete the process. Additional paper may be needed. If approved you will be credited for having completed the Troop/Group Cabin Camper Re-Qualification and receive a certificate of competition.

## The following resources may be necessary to complete the workbook:

- ✓ Outdoor Skills – Home Study workbook
- ✓ Outdoor Skills – Cabin Camping workbook or Outdoor Skills I workbook
- ✓ Safety Activity Checkpoints – available online

**Prerequisite:** Completion of Outdoor Skills – Cabin Camping training or Outdoor Skills I Training

## GENERAL INFORMATION

1. Since completing your Outdoor Skills Training how many times have you camped with Girl Scouts within the last 5 years?

0	1 – 5	5 – 10	11 – 20	20 +

2. What grade level are the girls in your troop?

Daisy	Brownie	Junior	Cadette	Senior	Ambassador

3. How long have they been camping?

1 – 2 yrs	3 – 4 yrs	5 – 6 yrs	7 – 9 yrs	10 – 12 yrs

4. What are the responsibilities of the Outdoor Skills trained volunteer on a camping trip?

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5. The Buddy System is used in Girl Scouting. Describe the procedure if someone is injured.

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6. What are the guidelines for men camping with girls?

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## AGE-APPROPRIATE PROGRESSION

1. Is camping an important part of your troop/group(s) program? Do most girls in your troop like to go camping?

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2. What part do the girls take in planning a camping trip? (i.e. location, activities, menus, supplies, transportation, budgeting, etc.)

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3. What is the girl/adult partnership?

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4. How will using the girl/adult partnership in planning a camping trip help prepare your girls for their future?

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5. Below are 8 progressive steps to camping out, put them in order {1 – 8} with 1 being the first step.

\_\_\_\_\_ Explore Out – Take a short trip, hike, bike, etc, complete with one meal

\_\_\_\_\_ Sleep Out – Prepare and take an overnight trip, close to home

\_\_\_\_\_ Move Out – Begin learning outdoor skills, and visit an outdoor spot

\_\_\_\_\_ Cook Out – Learn how to prepare a simple meal in the out of doors

\_\_\_\_\_ Pack Out – Hike on long trails. May include pitching own tents along the trail

\_\_\_\_\_ Camp Out – Prepare and take an overnight trip further from home

\_\_\_\_\_ Look Out – Be aware of your environment

\_\_\_\_\_ Meet Out – See, listen, and enjoy nature close to the meeting place

6. How long does it take to plan a successful camping trip?

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7. What types of activities were planned during your camping trip?

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8. What types of camping experiences do you envision your troop/group undertaking during the next three years?


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# OUTDOOR COOKING

1. Make a Kaper Chart below to include Breakfast, Lunch, Dinner, and a Snack. Include the following duties: Firebuilder, Cook, Hostess, and Clean-up.

2. What type(s) of cooking methods does your troop/group use when camping?

- Nosebag
- Hot Water Tricks
- Basic Stick
- One Pot
- Foil
- Advance Hot Water Tricks

What camp recipe does your troop/group typically like to prepare when camping?

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3. Which of the following types of fire building has your troop/group used?

- Charcoal       Wood       Camp Stoves

Which do you use most often? Why?

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4. What role do the girls in your troop/group play in lighting and tending charcoal fires and portable cook stoves?

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5. You have learned how to make fire starters and use a charcoal chimney. Explain how you taught these methods to your girls and do they like using them?

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6. What is the proper dishwashing procedure at camp? Name all the steps.

- (1) \_\_\_\_\_ (5) \_\_\_\_\_  
(2) \_\_\_\_\_ (6) \_\_\_\_\_  
(3) \_\_\_\_\_ (7) \_\_\_\_\_  
(4) \_\_\_\_\_

7. What is the proper method to dispose of dishwater?

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# CAMP SKILLS

1. What are the *Safety Activity Checkpoints* for building an open fire?

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2. The three basic elements for a fire are?

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

3. A wood fire needs three different kinds of fire material. Identify what they are and give a brief description of each.



\_\_\_\_\_ - \_\_\_\_\_

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\_\_\_\_\_ - \_\_\_\_\_

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\_\_\_\_\_ - \_\_\_\_\_

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4. Do your girls know what troop/group equipment they have? How was their troop/group equipment collected?

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5. Are your girls knowledgeable about dressing properly in the outdoors? How do you encourage the girls to use their bandanas and wear close-toe shoes?

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6. Girl Scouts use and practice the principals of Leave No Trace. What are the 7 principles of Leave No Trace?

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_
- (4) \_\_\_\_\_
- (5) \_\_\_\_\_
- (6) \_\_\_\_\_
- (7) \_\_\_\_\_

Mark "T" for True or "F" for False, explain why, for the following 12 statements.

\_\_\_\_\_ Toasting sticks can be made from taking low twigs off of big bushes.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Chewing gum is biodegradable and is OK to discard on the ground.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ If a wood fire is built, it should use only the amount of wood needed to get the job done.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Garbage should be burned in the fire circle.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ Dishes and pots can be washed in the lake or stream.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ When hiking a trail, it is important to stay on the path and not disturb the environment.

Why: \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_When shopping and packing for a camping trip, cost is a major concern; recycling is not a consideration.

Why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Making crafts and camp gadgets from recycled objects is a good use of our resources.

Why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_A nice centerpiece for a camp dinner would be a bouquet of wild flowers in a recycled container.

Why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_Before leaving, ensure that all trash is properly bagged and left at the site for pick up.

Why: \_\_\_\_\_

\_\_\_\_\_

## SITE USAGE

1. At what Girl Scouts of Citrus Council Program Center have you camped during the past five years?

Mah-Kah-Wee       Riverpoint       Celia Lane       Melbourne

Pine Castle       Eustis

Have not camped at GSCC Program Centers. If check; why?

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2. Has your troop/group camped anywhere other than GSCC campsites during the past five years? If yes, where have you camped?

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3. What season(s) of the year has your troop/group camped?

Spring       Summer       Fall       Winter

Which season is most preferred? Least?

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4. What type of overnight camping experience has your troop/group experienced? Give a description of each that applies:

Troop/group camping experience

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Sister Troop/group camping experience (more than one troop/group)

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Service Community camping experience (camporee)

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Council camping experience

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## **OUTDOOR ACTIVITIES AND CEREMONIES**

1. The council program centers have an environmental patch that relates to the program center. Match the council program center with the environmental patch.

\_\_\_\_\_ Celia Lane Little House

a. Bella the Bat

\_\_\_\_\_ Eustic Scout House

b. Amanda

\_\_\_\_\_ Melbourne Scout House

c. Minerva

\_\_\_\_\_ Riverpoint

d. Eleanor

\_\_\_\_\_ Mah-Kah-Wee

e. Beatrice

\_\_\_\_\_ Pine Castle Scout House

f. Bertha the Bear

2. Name 2 specific program ideas in each category that the girls might want to consider as they are deciding what they want to do on a troop/group campout.

Games	Hike	Ceremonies	Rainy Day

3. Do the girls plan the campfire program? List some of the campfire activities.

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4. What type(s) of outdoor ceremonies have your girls held during a camping experience?

- Flag Ceremonies       Campfire Ceremonies
- Girl Scouts' Own       Flag Retirement Ceremony
- Others \_\_\_\_\_

## RESOURCES AND CONTINUING EDUCATION

1. Which of these resources has your troop/group used?

- [www.citrus-gs.org](http://www.citrus-gs.org)
- Outdoor Skills training workbooks
- GSCC Environmental Patch Program
- Outdoor activities and earned awards from Girl Scout Journey books
- Outdoor Education in Girl Scouting*

Has your troop/group used any other outdoor or environmental education resources not listed above? If so, please list?

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2. Do you have a copy of the GSUSA publication, *Outdoor Education in Girl Scouting*? If so, how do you use this resource with your girls?

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3. Please list any training you have taken during the last 5 years related to outdoor skills, environmental education, etc. This may include Service Community or Council sponsored workshops, community adult education events, and workshops sponsored by other organizations.

Workshop

Sponsoring Organization

Date Taken

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