

## Outdoor Education Basics Self Study (402)

**PLEASE mark your answers on the answer sheet provided at [www.girlscouts-ssc.org](http://www.girlscouts-ssc.org), under Volunteer Resources – Outdoor Education Basics Self Study (402).**

**\*\*You must include page numbers with each answer.**

1. Which of the following are important characteristics of effective outdoor experiences?
  - a. Using a multi-sensory approach
  - b. Involve girls in planning each activity
  - c. Provide girls with positive adult role models
  - d. Make outdoor activities fun and challenging
  - e. All the above
  
2. In what way(s) does outdoor education meet the needs of today's girls?
  - a. Girls gain a sense of control over their activities by helping to plan them
  - b. Girls feel secure, free from physical as well as social harm
  - c. Girls share and enjoy leisure-time activities with a positive adult role model
  - d. Girls feel accepted by the group and regarded with affection by others
  - e. All the above
  
3. Before starting to plan your outdoor activities, it is important to consider the grade level of your girls to access their level of comfort and capability. Progression in the outdoors is very important. Which of the statements below match the progression chart?
  - a. Sleep Out (2), then Hike Out, then Camp Out
  - b. Cook Out (1), then Sleep Out (1), then Look Out
  - c. Look Out, then Walk Out, then Hike Out
  - d. Look Out, then Hike Out, then Camp Out
  - e. Hike Out, then Look Out, then Camp Out
  
4. Which items below are tips to assess if a girl is ready for outdoor/camping trips?
  - a. Is the girl willing to separate from her best friends or parents?
  - b. Do you need to remind the girl to brush her teeth or hair?
  - c. Give each girl a short list of items to bring to the next meeting. Can she manage her gear?
  - d. Does she follow basic rules consistently without argument?
  - e. All the above
  
5. What ways can you purify water?
  - a. Chemical treatment
  - b. Boiling
  - c. Filtration
  - d. None of the above
  - e. A, B and C

6. After the type of camping has been chosen, what things should the group consider (girls included) for picking a location?
- Location, distance from home in miles and time
  - Program possibilities
  - Type of food preparation area, stove, refrigeration
  - Cost for expected use
  - All the above
7. During a series of meetings, what should the group plan (girls included)?
- Menus for meals and snacks; shopping items
  - Special health and safety considerations
  - A budget for the trip
  - Group and personal equipment list
8. What things should be considered when picking out a sleeping bag?
- What shape, size, and weight of sleep bag will be comfortable
  - What type of trip is planned
  - What color the bag is
  - Both A and B
  - Is it easy to zip
9. In the event that buddies get lost or separated from the group and become disoriented, the best things to do are what?
- Stop and try not to panic
  - Use their safety whistle to call for help
  - Listen carefully for noises that could lead them to a road
  - Look for familiar landmarks to help orient themselves
  - All the above
10. In the event of an emergency, you should?
- Call the media
  - Call 911, provide first aid until help arrives
  - Contact Girl Scouts of Silver sage
  - Collect important information
  - None of the above
11. If you are more than 30 minutes from Emergency medical services, you need to have?
- A General First Aider
  - Advanced First Aider
  - Wilderness First Aider
  - EMT
  - B or C

12. What are some health and safety concerns should you be aware of when in the outdoors?
- Insect bites
  - Mental Health
  - Emotional health
  - Bullying
  - All the above
13. What are some important tips to be aware about Health History Forms and medications?
- Medication, including over-the-counter products, must never be dispensed without prior written permission from a girl's custodial parent or guardian.
  - A Health History is required for any event that is four overnights or longer.
  - Forms should be reviewed by designated health professional and staff responsible for coordinating them.
  - Medications must be in original labeled containers.
  - All the above

**Questions 14-16: True or False?**

14. Under the buddy system, girls are divided into teams of two. They are responsible for staying with their buddy at all times.
15. Both girls and adults should clearly understand the importance of planning for security and safety.
16. Only water from a tap that has been tested and approved by the local health department can be considered safe to use without a purification treatment.

**Questions 17-19: True or False?**

The following **Safety Activity Checkpoints (SAC)** discuss steps to take in advance of the activity.

17. SAC: Swimming –Swim test is conducted to identify swimming abilities.
18. SAC: Camping – Review and document your Emergency Action Plan (EAP) before taking girls out for any activity.
19. SAC: Camping – Men may participate when separate sleeping quarters and bathrooms are available for their use.