Outdoor Education Basics Self Study (402)

PLEASE mark your answers on the answer sheet provided at 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 of 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 of 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 of 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?
   a. Location, distance from home in miles and time
   b. Program possibilities
   c. Type of food preparation area, stove, refrigeration
   d. Cost for expected use
   e. All of the above

7. During a series of meetings, what should the group plan (girls included)?
   a. Menus for meals and snacks; shopping items
   b. Special health and safety considerations
   d. A budget for the trip
   e. Group and personal equipment lists

8. What things should be considered when picking out a sleeping bag?
   a. What shape, size, and weight of sleep bag will be comfortable
   b. What type of trip is planned
   c. What color the bag is
   d. Both A and B
   e. 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 is what?
   a. Stop and try not to panic
   b. Use their safety whistle to call for help
   c. Listen carefully for noises that could lead them to a road
   d. Look for familiar landmarks to help orient themselves
   e. All of the above

10. Define the term First Aider used in Girl Scouts
    a. It is an adult who has taken a Council-approved CPR training
    b. It is an adult who has taken a Council-approved CPR and First Aid training
    c. It is an adult who has taken a Council-approved First Aid training
    d. It is an adult who has read the Safety Activity Checkpoints
    e. None of the above

11. When should you have a First Aid Kit available?
    a. At the meeting place
    b. At high risk activities
    c. At the meeting place and any activity including transporting to and from the event
    d. Don’t need a first aid kit; most places already have one available to use
    e. At Camp
12. In addition to standard materials, all First Aid Kits should contain:
   a. Your council and emergency telephone numbers
   b. Girl Scout activity insurance forms
   c. Parent consent forms
   d. Health Histories may be included as well
   e. All of the above

13. What are some important tips to be aware about medications?
   a. Medication, including over-the-counter products, must never be dispensed without prior written permission from a girl’s custodial parent or guardian
   b. Some girls may need to carry and administer their own medication, such as bronchial inhalers, and EpiPen or diabetes medication
   c. Before serving any food, ask whether anyone is allergic to peanuts, dairy products, wheat, or any other food
   d. Double checking with their parents/guardians is always a good idea
   e. All of 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 – Ensure the presence of water watchers.
18. SAC: Trip/Travel Camping – Verify adults’ transportation credentials
19. SAC: Group Camping – Ensure the safety of sleeping areas