Planning Overnight Trips Self Study (401)

PLEASE mark your answers on the answer sheet provided at www.girlscouts-ssc.org, under Volunteer Resources – Volunteer Training, Planning Overnight Trips Self Study (401).

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

1. To ensure that any travel you do with the girls infuses the Girl Scout Leadership Experience at every opportunity, you need to:
   a. Limit your role to facilitating the girl’s brainstorming and planning - but never do the work for them
   b. Allow the girls to lead, learn collaboratively, and learn by doing (and by making mistakes)
   c. Provide ideas and insight
   d. Ask tough questions when you have to and support all their decisions with enthusiasm and encouragement.
   e. All of the above

2. When planning activities with girls you’ll:
   a. Note the abilities of each girl and carefully consider the progression of skills from the easiest part to the most difficult.
   b. Make sure the complexity of the activity does not exceed girls’ individual skills.
   c. Remember that skill levels decline when people are tired, hungry, or under stress
   d. Use activities as opportunities for building teamwork, which is one of the outcomes for the connect key in the Girl Scout Leadership Experience
   e. All of the above

3. What are the six tips to consider when communicating with girls?
   a. Listen; Be Honest; Be open to real issues
   b. Show respect; Offer Options; Stay Current
   c. A and B
   d. Listen; Understand
   e. Tolerate; Empathize

4. How do you determine if the girls are mature enough to handle a trip?
   a. Ability to be away from their parents and their home; Ability to adapt to unfamiliar surroundings and situations
   b. Ability to get along with each other and handle challenges; Ability to work well as a team
   c. Ability to make decisions well and easily; previous cross-cultural experiences
   d. Skills and interests; Language skills (where applicable)
   e. All of the above
5. Why is it important that all adults and girls should be registered members?
   a. Non-registered parents, tagalongs (brothers, sisters, friends), and other persons are not covered by basic insurance coverage
   b. A portion of the individual annual membership dues pays for supplementary insurance for the member only
   c. This insurance provides up to a specified maximum for medical expenses incurred as a result of an accident while a member is participating in an approved, supervised Girl Scout activity, after the individual’s primary insurance pays out
   d. This insurance coverage is not intended to diminish the need for or replace family health insurance
   e. All of the above

6. When looking for a chaperone, be sure to look for ones who are committed to:
   a. Being a positive role model; Respecting all girls and adults equally, with no preferential treatment
   b. Getting fit (appropriate for the trip); creating an experience for and with girls
   c. Handling pressure and stress by modeling flexibility and sense of humor; supporting and reinforcing a group agreement
   d. Prioritizing the safety of all girls; creating a safe space for girls
   e. All of the above

Questions 7-10: Match the appropriate trip to the level of Girl Scouting (There may be more than one answer).
7. Girl Scout Daisies?
   a. Travel anywhere in the country, often lasting a week or more
   b. One (or possibly two) nights away to a state park
   c. A walk to a nearby garden
   d. 3 or 4 nights camping or a stay in a hotel, motel or hostel
   e. All of the above

8. Girl Scout Brownies?
   a. Travel anywhere in the country, often lasting a week or more
   b. One (or possibly two) nights away to a state park
   c. A walk to a nearby garden
   d. 3 or 4 nights camping or a stay in a hotel, motel or hostel
   e. All of the above

9. Girl Scout Juniors?
   a. Travel anywhere in the country, often lasting a week or more
   b. One (or possibly two) nights away to a state park
   c. A walk to a nearby garden
   d. 3 or 4 nights camping or a stay in a hotel, motel or hostel
   e. All of the above
10. Girl Scout Cadettes, Seniors or Ambassadors?
   a. Travel anywhere in the country, often lasting a week or more
   b. One (or possibly two) nights away to a state park
   c. A walk to a nearby garden
   d. 3 or 4 nights camping or a stay in a hotel, motel or hostel
   e. All of the above

11. For planned Girl Scout field trips and other activities – outside the normal time and place – in which a group will be transported in private vehicles:
   a. Drivers must be 21 years of age or older
   b. Every driver must be an approved adult
   c. Drives must have a valid driver’s license
   d. Vehicle must be registered and insured
   e. All of the above

12. 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

13. 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

14. 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

15. When going on a trip or outing with Girl Scouts, it is the girls’ responsibility to:
   a. Assist you and other volunteers in safety planning
   b. Identify and evaluate an unsafe situation
   c. Learn and practice safety skills
   d. Know how, when and where to get help when needed
   e. All of the above
Questions 16-19: True or False?

16. If you are meeting with 17 Girl Scout Daisies, you will need 3 adults.
17. If you are meeting with 17 Girl Scout Brownies, you will need 3 adults.
18. If you are meeting with 17 Girl Scout Ambassadors, you will need 3 adults.
19. If you are meeting with 17 Girl Scout Juniors, you will need 3 adults.

20. How many lifeguards and watchers are needed for a group of 25 girls while swimming?
   a. One adult lifeguard
   b. Two adult lifeguards and two water watchers
   c. One adult lifeguard and two water watchers
   d. Two water watchers
   e. It depends on the place to how many life guards and water watchers they feel are needed

21. The lifeguard must be at least this old for activities in public, hotel, cruise ship and backyard pools?
   a. 18 years old
   b. 13 years old
   c. 16 years old
   d. It doesn’t matter as long as they are a good swimmer
   e. There is not an age requirement for water watcher

22. What are some tips for hotel safety that leaders should make sure that every group member knows?
   a. Always lock the door behind you using the deadbolt and chain or anchor. If someone knocks at your door, ask who it is before you open or confirm with front desk that it is a hotel staff
   b. Don’t call out or display your room number when in the presence of strangers
   c. When arrive at the hotel, locate emergency exits
   d. All of the above
   e. None of the above

23. If the alarm goes off at your hotel, you should:
   a. Stay and pack your suitcase
   b. Before leaving your room; feel the door: it is warm, open it
   c. Run, run, run
   d. All of the above
   e. Get out as quickly as possible; don’t stop to pack your suitcase; before leaving your room, feel the door: if it is warm, do not open it, if it the door is cool, proceed slowly out, looking for flames or smoke; Repeat these instructions for any door you encounter

24. Where should you leave jewelry, cameras, electronics, cash or credit cards?
   a. Hide it in your room
   b. Hide it in your luggage
   c. Never leave jewelry, cameras, electronics, cash or credit cards in your room
   d. None of the above
25. What are the Girl Scout Safety Guidelines?
   a. Keep girls safe during money-earning; Promote online safety; ensure that no girl is treated differently
   b. Create an emotionally safe space; Role-model the right behavior; ensure safe overnight outings
   c. Travel safely, be prepared for emergencies, report abuse
   d. Get parent/guardian permission; arrange for proper adult supervision of girls; follow the Safety Activity Checkpoints
   e. All of the above

Questions 26-29: True or False?
The following Safety Activity Checkpoints (SAC) discuss steps to take in advance of the activity.

26. SAC: Swimming – Ensure the presence of water watchers.

27. SAC: Trip/Travel Camping – Verify adults’ transportation credentials

28. SAC: Group Camping – Ensure the safety of sleeping areas

29. SAC: Girl Scout Cookie/Council-Sponsored Product Sale – Arrange for adult supervision