

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). Information that you will need for this course is in the following resources: Safety Activity Checkpoints, Volunteer Essentials, & Girl Scout Travel Guide

****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. Consider starting your travel experience by inviting parents/guardians.
 - b. Allow the girls to lead, learn collaboratively, and learn by doing (and by making mistakes)
 - c. Avoid having excess adults join your regional, national and international trips.
 - d. Ask questions when needed, ensure girls are ready to plan and make decisions.
 - e. All the above

2. When planning activities with girls you will:
 - a. Use the travel questionnaires to assess readiness for travel.
 - b. Review travel requirements with Girl Scout Council.
 - c. Attain information on pre-trip training & paperwork
 - d. Check Safety Activity Checkpoints to learn more about activities girls may want to participate in on their trip.
 - e. All of the above

3. What is included in things to consider when planning a trip with girls?
 - a. What, where, when and how do they want to go?
 - b. Are girls able to buy souvenirs while on the trip?
 - c. Will girls get homesick?
 - d. Cost of trip? How will they pay for trip?
 - e. Both A & D

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; Have attended sleepovers or camp.
 - b. Ability to get along with each other and handle challenges.
 - c. Ability to keep track of personal belongings.
 - d. Ability to work well as a team.
 - e. All the above

5. When planning overnight & weekend trip which of the following are true?
 - a. Daisies can participate in trips of 1 or 2 nights.
 - b. Able to stay at hotels, motels or campground.
 - c. Parents should be responsible for girl's meals.
 - d. Longer trips are better to prevent homesickness.
 - e. Both A& B

6. When considering International Trips, the following should be included:
- a. Age level of girls able to participate.
 - b. Passports, documentation & Visas may be required.
 - c. International travel does not require much preparation.
 - d. Girls should have Completed the first 5 levels of progression before traveling internationally.
 - e. Both B & D

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 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 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 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 the above

Questions 11- 15: Check all that Apply.

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. Drivers must have a valid driver's license
- d. Vehicle must be registered and insured
- e. All the above

12. Define the term First Aider used in Girl Scouts
- It is an adult who has taken a Council-approved CPR training
 - It is an adult who has taken a Council-approved CPR and First Aid training
 - It is an adult who has taken a Council-approved First Aid training
 - It is an adult who has read the Safety Activity Checkpoints
 - None of the above
13. When should you have a First Aid Kit available?
- At the meeting place
 - At high-risk activities
 - At the meeting place and any activity including transporting to and from the event
 - Do not need a First Aid Kit, most places already have one available to use
 - At Camp
14. In addition to standard materials, all First Aid Kits should contain:
- Your council and emergency telephone numbers
 - Girl Scout activity insurance forms
 - Parent consent forms
 - Health Histories may be included as well
 - All the above
15. When going on a trip or outing with Girl Scouts, Select an activity that:
- Helps girl develop healthy relationships
 - Promotes positive values and sense of self
 - Seeks to challenge girls
 - Helps the community by problem solving
 - All of the above

Questions 16-19: True or False?

- If you are traveling with 17 Girl Scout Daisies, you will need 3 adults.
- If you are traveling with 17 Girl Scout Brownies, you will need 3 adults.
- If you are traveling with 17 Girl Scout Ambassadors, you will need 3 adults.
- If you are traveling with 17 Girl Scout Juniors, you will need 3 adults.

Questions 20-25 Check all that apply:

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

21. The lifeguard must be at least (Age) old for activities in public, hotel, cruise ship and backyard pools?
- 18 years old
 - 13 years old
 - 16 years old
 - It does not matter as long as they are a good swimmer
 - There is not an age requirement for water watcher
22. What are pre-trip orientations that should be completed?
- How to preform basic first aid
 - Who is her buddy
 - Where to get lunch
 - What to do if you get separated
 - How to buy souvenirs
23. When staying at a hotel, upon arrival you should:
- Locate evacuation route (including stairs & fire escape) and make known to all
 - Ensure basic safety systems are in place
 - Check that all entry points are secure and lockable
 - Know how to contact local emergency services
 - Confirm communication with group is operational and reliable.
24. When arranging sleeping and bathroom arrangements it is important that:
- Youth members and adults do not share a bed, exceptions for family members
 - Parent/guardian permission must be obtained if girls share a bed
 - Each participant has her own bed
 - It is not mandatory that an adult sleep in the sleeping area with youth members
 - If an adult female does share sleeping area, there must be 2 unrelated adult females present
25. What are the Girl Scout Leadership Experience Guidelines?
- Discover, Connect and Take Action
 - Cooperative Learning
 - Hands -on activities are fun for Girl Scouts of any age
 - Girl Scouts take the lead, no matter their age

Questions 26-30: True or False?

Following Safety Activity Checkpoints discuss steps to take in advance of the activity including the following?

- 26.SAC: Swimming – Ensure the presence of water watchers
- 27.SAC: Camping – Verify adults’ transportation credentials
- 28.SAC: Group Camping – Ensure the safety of sleeping areas
- 29.SAC: Outdoor Cooking – Consider fire safety when planning a cookout
- 30.SAC: Travel/Trips - Travel progression ensures girls travel as they are ready