



Girl Outdoor Readiness Assessment

Girl/Troop Profile

This assessment will help you match the characteristics of most of the girls in your troop with appropriate outdoor activities. Based on the ability of most of the girls in your troop, circle the one best description in each row from either Column One, Column Two, or Column Three. Give yourself:

- one (1) point for each item circled in Column One;
- two (2) points for each item circled in Column Two;
- three (3) points for each item circled in Column Three.

	Column One	Column Two	Column Three
1 - Motor Skill Ability			
Most of the girls in the troop:	run, jump and draw	run while bouncing a ball	draw in detail
	need lots of help	work independently	proceed with little or no adult assistance once given directions
2 - Attention Span			
Most of the girls in the troop:	lose interest after 5 or 10 minutes	want to discover things for themselves	have increased ability to concentrate
	get frustrated easily	are active, noisy, restless	giggle a lot
	show great imagination	show initiative	see hidden meanings
3 - Ability to Work with Others			
Most of the girls in the troop:	have emotional outbursts	are sensitive of criticism	cry when angry
	are friendly	value approval of peers	often hurt feelings
	like to be first and win	are conscious of others	develop cliques
	have thoughts largely centered on self	believe it's vital to belong and be loyal	find peer acceptance important
	show poor group spirit	like organized games and relate to peers according to rules	seek ideals and meaning to life
4 - Behavioral Characteristics			
Most of the girls in the troop:	move around (fidget) a lot	are energetic	are unpredictable
	tire and cry easily	are always hungry	often crave food
	are curious and daring	are curious and creative	are adventurous and thrill seeking
	thrive on adult approval	seek independence	want to be trusted with responsibility
	rely on adults for directions	are not as attached to adults	show strong identification with an admired adult
	need definite directions	look to adults to facilitate	want to be accepted by adults as thinking and self-reliant
Total Points			
Grand Total (total of all 3 columns)			



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Girl/Troop Profile Scoring

Use the number of points from the assessment to indicate the best approach to outdoor programs and camping for the girl(s).

16 to 20 points:	<p>The girls in your troop are ready for outdoor programs during the day. They will enjoy high energy games that do not have detailed directions. They will like climbing and crawling using large muscles and love to play. It may be difficult to keep them focused on any one thing too long due to their short attention span. They will need lots of different things to do and their total participation time may be limited to 4 or 5 hours before they grow tired and lose interest.</p> <p>A troop going on a day outing to a park may want to do a Seed Hunt or a Weather Watch Hunt to look for things that have been affected by the weather like warm stones or a puddle. On a walk through the woods at a camp or park, try an Alphabet Hike to find objects that are a part of nature and start with the letter A, then B, then C, and so on. Go on several day outings to help the girls develop their readiness for the next big step.</p>
20 to 30 points:	<p>The girls in your troop are ready to spend longer days doing outdoor programs, and they are ready for day camp. They like the large muscle activities mentioned above and although their attention span is getting longer, it is still difficult for them to focus on one thing for any length of time. Day long participation in an outdoor program is still recommended.</p> <p>For a day outing at a camp or in a park, the girls could learn about habitats by earning the Animal Habitats badge or activities to earn the Eco Friend badge.</p>
30 to 36 points:	<p>The girls in your troop are ready for an overnight in a heated building such as a lodge at camp. They will want the adults to be right there helping them cook, clean up and so forth, but not have the adults do it for them. These girls are developing their attention spans and ability to focus on completing a task. Quite often they want to discover something for themselves but can get frustrated easily and need a little encouragement. They are developing fine motor skills and often like to master a physical activity through practice, repetition and variation of movement. As they get older, they like more complex challenges. Being fair is important as is forming close friendships.</p> <p>The best camping situation is one where everyone is together in a heated lodge at camp to stay over one or two nights. It will be important to have a kaper chart so the jobs are evenly divided and everyone gets a chance to do every job. The girls define their self-worth by achievements so it is important to let the girls do the planning and carrying out of all the activities and aspects of camping. Being in a heated lodge together will help the girls feel more comfortable in a home-like atmosphere and look forward to being outdoors to hike, listen to night sounds, have a campfire, and explore the woods.</p> <p>Help girls learn how to plan, what to take, things to do at camp, and how to leave the place better than you found it. Go on several overnights in heated lodges in preparation for camping in a platform tent unit.</p> <p>If the girls haven't already done so, it would be excellent preparation for them to earn a badge, such as Cabin Camper.</p>

36 to 44 points:	<p>The girls in your troop are gaining independence and looking for complex challenges. They like structure but may need help understanding why. Peer groups and same-gender friendships are important as are adult encouragement and recognition. Girls are becoming self-conscious about their abilities. The girls will get the most out of Girl Scout activities they help plan.</p> <p>Because girl friends are so important, the girls may want to continue to camp in heated lodges or may be ready for platform tents or yurts.</p> <p>If the girls haven't already done so, it would be excellent preparation for them to earn another badge or journey award such as the Trailblazing badge or their first Outdoor Journey.</p>
44-48 points:	<p>The girls in your troop are entering their teens and are seeking a comfortable social group. The girls are anxious for independence and getting ahead in life but fear failure. Quite often there is a strong identification with an admired adult. The girls look for positive social interaction with adults and peers, meaningful participation, and opportunities for self-definition. They also like structure and clear limits. They thrive on physical activity and creative expression. They are capable of planning their camping trips: meal planning and preparation as well as some of their outdoor activities.</p> <p>Weekend or extended camping trips following a theme (earning a badge or Journey award such as Adventure Camper) or with extensive physical activity (trail maintenance, hike over rugged terrain) or a variety of activities for small groups to choose from will no doubt be most appealing to these girls.</p>



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Girl/Troop Outdoor Skill Development

Using the number of points from the assessment, review the list of skills that your girl/troop may need to learn in order to advance their knowledge and abilities in exploring the outdoors.

16 to 20 points

- How to stay safe outdoors (personal rules, general safety rules)
- Importance of buddy system
- Where to go/what to do if sick or injured
- Identify poison ivy
- What attracts insects to people and what not to use/wear to do so
- Dressing for different outdoor activities
- Where to go to the bathroom and wash hands; where to find safe drinking water
- Using the senses to describe the outdoors
- How to interact with flora and fauna outdoors, respect for natural environment
- Choosing outdoor snacks
- Sharing kapers (chores) and how to clean up
- Relate map of camp to what is seen

20 to 30 points

- Group rules when outdoors and staying found
- Plan a day outing
- Meal planning – what makes good outdoor meals, plan no-cook lunch and no-cook snack, list items needed to prepare those meals
- Selecting what to wear
- Personal gear for a day outing and how to pack
- Use a kaper chart to divide up the chores
- Learn how to safely use a peeler and paring knife
- Bathroom cleanliness and use at developed sites
- Safety rules for day hikes
- First aid kit contents
- Things to do to not get hurt
- Participate in and evaluate a day outing
- Develop understanding of keeping the environment clean
- Learn how to tie a square knot and when and how it can be used
- Cardinal directions and drawing simple maps
- Things to do to take care of the environment and why it is important to do

30 to 36 points

- Group rules for camping overnight
- Plan a camping overnight (1 or 2 nights) in a heated lodge
- Meal planning – plan meals to cook on the stove in the lodge, make a grocery list of items needed
- Participate in and evaluate a camping overnight
- Use kaper chart for all chores to be done – cooking, housekeeping, packing/unpacking. Plan something to do for those not involved in any jobs
- Indoor dishwashing and clean up
- How to prepare for the weather, sensitivity to seasonal changes
- Selecting personal gear to take and how to pack
- The importance of drinking water and where to get safe drinking water
- First aid kit contents and how to use them
- Safety to follow for the activities planned, how to prevent injuries
- Develop understanding of animal adaptation and camouflage
- Identify poison ivy and ticks (plants and animals that love to hate us)
- What to do if wild animal is seen
- Learn how to strike a match, lay and light a fire, extinguishing a fire and general fire safety
- Use a map of the site to explore the site and/or walk in the woods.

36 to 44 points

- Plan and carry out a 2-night overnight campout. Evaluate it.
- Plan easy, nutritious meals. In separate groups, prepare parts of the meals. Divide into groups to prepare different snacks.
- Learn safe food handling practices – food temperature extremes for perishable and frozen foods, internal food temperatures for cooked foods, sanitizing work and implement surfaces, personal cleanliness when handling food. See *Safety-Wise activity checkpoints* for outdoor cooking safety.
- Practice fire building and outdoor cooking by heating water for cocoa or a gelatin drink over the fire. Learn and practice outdoor dishwashing for that snack.
- Practice safe use of kitchen utensils (peelers, paring knives) and tools (can openers, scissors, and pocketknife).
- Practice properly disposing of trash and garbage. Try to plan food quantities so not much is thrown away. Take plastic bags or plastic containers just in case there are leftovers to take home.
- Review how to stay safe.
- Learn what items should be in a first aid kit and how to use them. Prepare for potential injuries from the activities planned.
- Make a list of first aid needs you might encounter when camping or on outings and how to help.
- Make a checklist of gear each person should take camping. Think about what you are taking and how it will be used. Do you really need everything on that list? Will you be prepared for sudden changes in the weather? Each person should pack her own gear and be able to carry it in one trip from the car to the lodge.
- As a troop, make a checklist of gear the troop needs to take. Is there equipment already at the lodge that you don't need to take? Think about what you are taking and how it will be used.
- Practice reading a highway map. Learn what the symbols mean. Find the best route to take to get from your home area to the Girl Scout camp where are staying.
- Practice tying a square knot and how it can be used. You will really know how to tie this knot if you can tie one behind your back without looking.
- Play a game/do activity about natural interrelationships.
- Go outdoors and explore camp looking for evidence of other creatures. Use the list or take paper and pencil to write down what you see then compare it to the list when you return to the lodge. For example: Deer rubbing antlers on a small tree, a nest, a chewed leaf, animal track or human footprint, a bird feather, etc.

44 to 48 points

- Decide on group rules for the specific outdoor activities you do – cookouts, camping in platform tents, hiking in small groups, etc.)
- Plan and carry out a weekend (2 nights) campout different from what you’ve done before. If you haven’t camped in the winter in a cabin with just a fireplace or wood stove, try that. Try camping in platform tents if you’ve done all your other camping in lodges. Set goals for the troop and evaluate how well the goals were met.
- Review fire building and safety around fires. Learn about the different sizes of firewood and the types of fires needed for different types of cooking.
- Practice cooking outdoors. Start out easy by cooking a one-pot meal.
- Practice safely lighting charcoal and cooking over it.
- Practice menu planning including quantity of food needed. Review safe food handling. Plan meals that are nutritious, easy to prepare and practice food safety. You don’t want to spend the entire time cooking and cleaning up.
- Practice proper care and safe storage of food. Safe refers to proper handling as well as animal-proofing.
- Practice washing dishes outdoors at a picnic table. Remember to wash, rinse and sanitize!
- Make a checklist of gear each person should take camping. Think about what you are taking and how it will be used. Do you really need everything on that list? Will you be prepared for sudden changes in the weather? Practice layering your clothing. Each person should pack her own gear and be able to carry it in one trip from the car to the lodge.
- As a troop, make a checklist of gear the troop needs to take. Is there equipment already there that you don’t need to take? Think about what you are taking and how it will be used.
- Pack the troop first aid kit. What activities will you be doing and what injuries might happen? Be prepared to treat those injuries.
- As a troop, talk about possible natural disasters common to our area (and the season when you will be camping) that might happen while you are on the campout and how you will respond. Also consider responses to forest fires or out-of-controls fire.
- Find out the difference between safe and unsafe drinking water – selecting a source of safe drinking water, when/how to purify drinking water.
- Discuss and follow safe personal and environmental practices for using a latrine or outhouse.
- Find out what poisonous animals we have locally, how to avoid them, how to react if you come upon one, what to do if bitten by one.
- Find out what is meant by “minimum impact” and how you can practice it. Hike around the area where you are camping. Identify evidence of people there or having been there and discuss things people can do to reduce impact on the environment. Plan what your group will do to erase evidence of having camped there.
- Review the square knot and when it can be used. Learn to tie and use a clove hitch.
- Learn basic weather and star patterns.
- Research a camping destination outside of Pennsylvania. Plan the route to get there, estimate driving time and mileage.