



Adult Volunteer Outdoor Skills & Training Progression

There are lots of ways to get outdoors with girls, anything from a walk a local park, to a day outdoor skill building adventure, to an overnight backpacking trip! As girl moves through an [outdoor progression](#), different kinds of adult volunteer training is needed. The chart below summarizes all of the outdoor program resources and skills training opportunities available to you as a volunteer with Girl Scouts of Colorado.

General Resources

| Resource | What's included? | When should I use this? |
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| Outdoor Program Resource Guide | Overview of resources for troops planning outdoor programs: where to go for outdoor activities, camping locations, GSCO properties, gear resources, activity suggestions, outdoor badges, working with outfitters and vendors. | When starting to plan outdoor programs and looking for an introductory overview of all resources. |
| Safety Activity Checkpoints | A resource that provides safety standards and guidelines for approved activities, including general safety and outdoor information such as emergency plan template and required adult ratios as well as activity-specific sections. | Review prior to any outdoor experience for emergency plans and activity specific guidelines related to equipment, instructors, program levels, and more. |
| Girl Outdoor Readiness Assessment | An assessment of girl and troop outdoor skills, group dynamics, knowledge, and abilities needed at different levels of outdoor activities. | When planning outdoor activities with your troop and deciding/assessing what types of activities are appropriate for girls and troops. |
| Activity Approval Form | This form is to be completed 30 days prior to a risk high outdoor activity or overnight for approval by GSCO. | Complete for activities that that require approval per the Safety Activity Checkpoints. |

Skill Development & Training

| Training name | Training format | Content or skills obtained | When do I need this training? |
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| Successful Leader Learning Series Module 5: "Getting your Troop Outdoors" | GSlearn training module , 20- to 30-minute online training | Developing outdoor skills in girls, taking Journeys outside, outdoor progression, and girl outdoor readiness chart. | Troop leaders, prerequisite to <i>GSCO Outdoor Skills 1</i> training |
| Leave No Trace Online Awareness | 30- to 45-minute virtual course on Leave No Trace website | Introductory course to Leave No Trace concepts and the 7 principles and outdoor recreation related impacts. | Troop leaders, prerequisite to <i>GSCO Outdoor Skills 1</i> training |
| Travel Peak Module 3: "Overnights" | GSlearn training module , 30-minute online training | Part of the travel progression training. Includes: girl planning, safety, budgeting, reflection, and guidelines for safe troop overnight outings. | Troop leaders planning a day or overnight trip, prerequisite to <i>GSCO Outdoor Skills 1</i> training |

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| GSCO Training: Outdoor Skills 1 | Virtual live training, find upcoming courses on the GSCO event calendar 3 hours | Planning and leading a troop in all aspects of a campout: budgeting, campsite set up, packing, fire safety, general outdoor safety, cooking, and cleaning outdoors. Includes an accompanying Outdoor Skills resource guide | Troop leaders and adult volunteers; required if cooking outdoors or camping in tents. |
| GSCO Training: Outdoor Skills 2 | In-person training, find upcoming courses on the GSCO event calendar 4 hours | The practical portion of outdoor skills, making a fire, setting up camp, knots and lashing, fire safety, risk management scenarios. Includes an accompanying Outdoor Skills resource guide. | Troop leaders and adult volunteers; required if cooking outdoors or camping in tents. |
| GSCO Training: Outdoor Skills Accelerated | ** Must request access to this course through this form ** Virtual recorded training with an online quiz to test skills an knowledge | Accelerated course for volunteers and leaders who are experienced in the outdoors and specifically taking youth outdoors. Includes an accompanying Outdoor Skills resource guide. | Troop leaders and adult volunteers; required if cooking outdoors or camping in tents. |
| Wilderness First Aid | 16 hour in- person course. Many options across Colorado, start with looking for upcoming classes from these providers: * Front Range CPR * Red Cross * Colorado Mountain Club * NOLS courses | Advanced first aid skills to be used in remote / outdoor settings during emergencies when help from professional first responders may be far. | Required for any outdoor activity more than 30 minutes away from emergency services, or without cell service. This includes planning for remote hiking at GSCO properties. |
| Specialty Activity Certification or Training | Generally in-person, length dependent on activity and relevant training. Hosted by non – GSCO external organizations. | Varies but but could include: *Boating (Paddle Sports Facilitator) *Archery (USA Archery Level 1) *Backpacking or higher level Outdoor Skills (Colorado Mountain Club or REI Outdoor School) *Wilderness Survival (SERE) *Other outdoor activity specialty: rock climbing, fly fishing, etc. | Dependent on activity type, specialty training or certification may be required. Review activity sections in Safety Activity Checkpoints or email risk.management@gscolorado.org with questions. |

