

Girl Scouts of California's Central Coast

October 2009 Edition

Stepping Out Home-study Test



Girl Scouts®

Name: _____	Service Unit _____	Troop _____
Email Address: _____	Phone Number: _____	
Mailing Address: _____	City _____	Zip Code: _____
<i>Admin. Use Only</i> Evaluator: _____		
Score(Circle One):	Pass No Pass	Date Completed: _____ Points: ___ / 100 total

Stepping Out Home-Study Test Instructions

Welcome to Stepping Out Training! Thank you for Volunteering!

The pre-requisites of completing this home-study training are listed below:

- GSUSA Online Orientation:** <http://training.girlscouts.org>—
(Type in: **Discover** for the English version and **Descubrir** to access the Spanish orientation.)
- Getting Started Orientation:** *This is done at the Service Unit Level. Contact your local Service Unit Manager if you have not already taken this orientation.*
- GSUSA Girl Scout Leadership Interactive Guide:** www.girlscouts.org/gsl
(Watch the short video and complete all sections of the interactive web training)

You will need the following before you are able to complete this test

- Safety-Wise**
- The Stepping Out Reference Guide** (*This can be downloaded at www.girlscoutscc.org/training*)
- A copy of Getting Started** (*This can be downloaded at www.girlscoutsccc.org/training*)

When finished, please turn in the answer sheet and evaluation sheet to your local Service Unit Home-Study Evaluator.

For a list of Service Unit Home-Study Evaluators and Contact information, please visit www.girlscoutsccc.org/training.

Questions? Please contact the GSCCC Volunteer Development Manager at 800-624-4757 ext. 118 or at aturner@girlscoutsccc.org

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1. (8 pts) Name the 8 objectives of Girl Scout Outdoor Education:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.

2. (7 pts) List the 7 key ingredients of Outdoor Education:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.

3. (8 pts) List the progression in the Out-of-Doors:
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
 - g.
 - h.

4. (6 pts) When a Girl Scout Troop or Group goes on a non-camping overnight trip at a hotel, mall or Scout House, what are the three *primary* pre-planning considerations? Give an example of each one:

- a.
- b.
- c.

5. (1 pt) Why does Safety-Wise, page 82, recommend wearing loose-fitting clothes?

6. (20 pts) You will want to plan troop meeting activities which will prepare the girls for their outdoor adventure. One idea that has worked well is to bring a variety of clothing choices and let the girls choose among them to dress up for the appropriate weather....

If you brought all of the following items for your girls to select among, you would need to decide in advance what the correct choices would be. Mark this list as an answer key. More than one answer may apply. Mark H for warm/hot weather, C for cool weather, R for rainy weather, S for snowy or freezing weather, W for windy, and X for “Don’t Bring.”

- fleece jacket (100% cotton)
- straw hat
- poncho
- nylon windbreaker
- denim jeans (100% cotton)
- 50/50 blend turtleneck
- mittens
- baseball cap
- high heel shoes
- cotton t-shirt
- shorts
- wool socks
- cotton socks
- umbrella
- ski jacket
- parka (or long jacket) made of polyester/ nylon
- long underwear (100% cotton vs 100% polypropylene)
- halter top
- insulated down vest
- flip-flop sandals

7. (1 pt) Circle True or False
You should always take a First Aid kit on trips.

8. (5 pts) List at least 5 items that should be in your First Aid Kit:

9. (2 pts) Describe the procedure for assisting a choking victim:

10. (2 pts) What do you do if one of the girls gets a bite or sting?

Animal bites:

Insect attack:

11. (1 pt) Circle True or False

You should apply a warm pack to the back of the neck to slow nosebleeds.

12. (2 pts) Name the two objectives of Safety-Wise:

13. (1 pt) Circle True or False

You should always check with Safety-Wise and review safety precautions when planning any activity with Girl Scouts.

14. (1 pt) Circle True or False

Stepping Out-trained adults are approved to oversee Girl Scout troop/group overnights or outdoor programs where outdoor cooking and camping are *not* involved.

15. (1 pt) Can troops share First-Aiders?

16. (7 pts) List the steps in planning any trip outside your regular troop meeting place:

- a.
- b.
- c.
- d.
- e.
- f.
- g.

17. (3 pts) What is the purpose of the Annual Permission Form, when do parents need to give it to troop leaders, and what trips will it NOT cover? (all troop leaders should know this and it is written on the form which you can find at <http://www.girlscoutsccc.org/volunteers/forms>)

18. (1 pt) Circle True or False

Each adult driver on a troop trip must have in their car no less than the following:

A first aid kit, Girl Scout group insurance claim form, one copy of Emergency Procedure and Report Form *and* a parental permission form, emergency medical release form and proof of Girl Scout registration *or* insurance coverage for each girl riding in their car.

19. (1 pt) Circle True or False

The leader must purchase extra insurance through GSCCC for any adult or child who attends a Girl Scout event who is not a registered Girl Scout

20. (1 pt) Circle True or False

Girls do not need an additional permission slip for a local overnight trip of more than 6 hours duration when there is no high-risk activity involved. The Annual Permission Form will cover it.

21. (1 pt) Circle True or False

Girls should not be involved in the planning of an overnight trip.

22. (2 pts) Should girls evaluate the trip when you return home? Why or why not?

23. (4 pts) List the four readiness indicators to look for before taking your troop on an overnight trip:

24. (6 pts) Name at least 3 program activities you can include on sleepover trips for your age level of girls and list at least one activity each for the other age levels:

25. (1 pt) In Safety-Wise, on what page would you find travel tips?

26. (1 pt) Can older Girl Scouts -grades 6 and above- take trips to other countries?

27. (1 pt) When planning a backpacking trip, on what page in Safety-Wise will you find backpacking activity checkpoints?
28. (1 pt) What are the 2 types of trips which require your troop leadership to submit a Trip Application form to Girl Scout Council?
29. (4 pts) Name 4 overnight concerns which a Stepping Out Leader will know to prepare for:
30. (2 pts) Your troop wants to plan a pool party at one of your parent's homes and you will most likely have 13 girls who will be swimming that day. What page do you go to in Safety-Wise to read what is required when planning this activity and how many life guards and watchers, age 16 or older, must be present?

Stepping Out Home Study Guide **Evaluation**

	Yes	Somewhat	No
I understand the purpose of taking trips outdoors in Girls Scouting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the resources available for trip planning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can do trip planning with the girls	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand how to assess girls' readiness for an overnight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can use simple First Aid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand policies, standards, procedures and safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand basic planning concepts for non-camping overnights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can follow the trip progression program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you have suggestions for improving this home study?