



## Stepping Out Test

1. List the seven (7) Key Ingredients of Outdoor Education in the order you find most important.
  - a.
  - b.
  - c.
  - d.
  - e.
  - f.
2. List the four (4) readiness characteristics to assess before an overnight event with Girl Scouts.
  - a.
  - b.
  - c.
  - d.
3. Number the following activities in the correct progression of outdoor exploration, 1 being 1st:
  - a. \_\_\_\_\_ Hike a nature trail outside of your neighborhood
  - b. \_\_\_\_\_ Walk around the block during a meeting
  - c. \_\_\_\_\_ Explore a local park and learn about birds
  - d. \_\_\_\_\_ Learn outdoor manners and establish a group agreement for outdoor activities.
4. Girl Scouts leave their place \_\_\_\_\_ or \_\_\_\_\_ than they found it.
5. True or False: Stepping Out trained adults may supervise making s'mores over a campfire.
6. The key component to keeping your troop safe is having trained Adult Girl Scout Volunteers and other qualified adult chaperones who will teach, advise, supervise and be responsible for the physical and emotional safety of the girls. Using the table in the Volunteer Essentials Quick-Start Guide, how many adults minimum will you need to take thirteen (13) Brownies to the zoo?
7. In Volunteer Essentials, in what section do you find travel tips?
8. What grade must girls have completed before travelling to another country? \_\_\_\_\_  
How far in advance must you submit your request to Council? \_\_\_\_\_
9. List the 3 specific forms for each girl that must with the Leader / First Aider when the group is together, or with another responsible adult volunteer when the group is split (such as in vehicles)
  - a.
  - b.
  - c.

10. Drivers carrying Girl Scouts other than their own daughter must have in their car no less than the previously listed forms, a First Aid Kit, and which 3 specific emergency/first aid forms?
- a.
  - b.
  - c.

11. Trip Applications require approval from Service Unit or Council. **Council Approval** is required for **what 3 circumstances** and **must be submitted how far in advance?**

a.	
b.	
c.	

12. What is the cost per person per day for “Plan 2” insurance for a non-registered adult or child who attends a Girl Scout activity?

13. Review the Annual Permission form. The girls want to go to an amusement park and plan to spend 12 hours there. What additional forms are needed and from whom do they require permission/ approval?

14. Your 25 Daisies are planning a pool party. Look at the Swimming Safety Activity Checkpoint (SAC). What 2 specialists are required? How many of each are required?

a.	
b.	

15. Your girls have decided they want to go on a troop bicycle ride from their meeting place to a park within a half hour’s distance. What additional permission slips will parents need to sign?

16. Your troop is on a family camp-out. Each family is doing their own camp-stove cooking. One of the families has offered to host a campfire for the group. You’d like to show the girls how to make banana boats and have the girls make them for their families. Why is this activity not permitted?

17. List 3 life skills that girls will gain when planning their own activities

- a.
- b.
- c.

## Stepping Out Course & Test Evaluation

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Phone#: \_\_\_\_\_

	Yes	Somewhat	No
I understand the purpose of taking trips outdoors in Girl Scouting			
I understand the importance of progression in outdoor education			
I understand how to assess girls' readiness for an overnight			
I understand how to use the Safety Activity Checkpoints			
I understand the requirements of High Risk Activity participation			
I understand the additional permissions required beyond the Annual Permission form, where to find the forms, and how to use them.			
I understand the need for First Aid/CPR Cert. for Outdoor Activities			

Suggestions, Comments, Questions:

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When completed, please turn this test in to your local Learning Facilitator for review. Alternatively, you may e-mail [volunteer@girlscoutsgcc.org](mailto:volunteer@girlscoutsgcc.org) or call 1-800-822-2427 for assistance.

Evaluator Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Additional Comments: \_\_\_\_\_

Volunteer Informed of Test Status on: \_\_\_\_\_ Via: \_\_\_\_\_