

Adult Volunteer Outdoor Skills & Training Progression

There are lots of ways to get outdoors with Girl Scouts, 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 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?
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.



Required Prerequisite Trainings

Training name	Training format	Content or skills obtained	Who should take this training
GS Learn Learning Path: GSUSA Girl Scouts in the Outdoors	GSlearn training module , available anytime, 20 minutes.	Developing outdoor skills in girls, taking Journeys outside, outdoor progression, and girl outdoor readiness chart.	Troop leaders and adult volunteers, prerequisite to <i>GSCO Let's Have a Campfire</i> , <i>Let's Have a Cookout</i> , <i>Let's Go Camping</i>
Leave No Trace: Take Action to Protect the Outdoors	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 and adult volunteers, prerequisite to <i>GSCO Let's Have a Campfire</i> , <i>Let's Have a Cookout</i> , <i>Let's Go Camping</i>
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 Let's Go Camping</i>

Required Trainings for Outdoor Activities

Training name	Training format	Content or skills obtained	Who should take this training
GSCO Training: Let's Have a Campfire	In-person course; see upcoming courses and sign up on the events page	How to safely build and facilitate a wood-burning fire.	Troop leaders and adult volunteers; required if having a wood fire.
GSCO Training: Let's Have a Cookout	In-person course; see upcoming courses and sign up on the events page	How to safely use gas and charcoal cooking methods. Includes kitchen set up, safe food preparation, outdoor dishwashing and more.	Troop leaders and adult volunteers; required if cooking outdoors with gas or charcoal.
GSCO Training: Let's Have an Outdoor Overnight	In-person course; see upcoming courses and sign up on the events page	How to plan and facilitate a front-country camp out with Girl Scouts. Includes girl-led planning tips, budgeting, scheduling, necessary safety planning, campsite set up, and more.	Troop leaders and adult volunteers; required if front-country camping in a cabin or tent.
GSCO Training: Outdoor Skills Accelerated	** Must request access to this course through this form ** Virtual recorded training with an online quiz to test skills and knowledge	Accelerated course for volunteers and leaders who are experienced in the outdoors and specifically taking youth outdoors.	Troop leaders and adult volunteers who are already experienced in the outdoors and current Girl Scouts of Colorado policies.

Outdoor Enrichment and High-Adventure Trainings

Training name	Training format	Content or skills obtained	Who should take this training
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 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)	Volunteers interested in facilitating high-adventure activities for Girl Scouts. Review activity sections in Safety Activity Checkpoints or email risk.management@gscolorado.org with questions.
Knots and Lashing	In-person course; see upcoming courses and sign up on the events page	Basic knot-tying skills useful for outdoor adventures and how to facilitate with Girl Scouts.	Volunteers interested in learning more about facilitating knot and lashing skills with Girl Scouts.
Knife Safety	In-person course; see upcoming courses and sign up on the events page	Basic pocket knife skills useful for outdoor adventures and how to facilitate with Girl Scouts.	Volunteers interested in learning more about facilitating knife skills with Girl Scouts.
Finding Your Way	In-person course; see upcoming courses and sign up on the events page	Basic map, compass, and GPS skills useful for outdoor adventures and how to facilitate with Girl Scouts.	Volunteers interested in learning more about facilitating map, compass, and GPS skills with Girl Scouts.