

# Adult Training Opportunities

## Registration Information

**Select:** Choose the course you would like to attend.

**Register:** Registration is required for all training courses. All course participants **must** be registered in advance. Training sessions fill up quickly. Early registration helps assure your place and allows the Council Facilitator adequate time to prepare for the number of participants in terms of space and materials. All participants must register individually.

**Registration Methods:** Registration forms are enclosed in this book, Girl Scouts of Connecticut's Volunteer Essentials, and on [www.gsofct.org](http://www.gsofct.org) under Membership, Forms. You can mail or fax the completed registration form, or register online. No registrations will be taken over the phone. Payment must be attached at time of registration.



To register online, go to [www.gsofct.org](http://www.gsofct.org).

Step 1: Go to the Membership tab on the homepage.

Step 2: Select "Program and Training Registration Area."

Step 3: On the page that says "Welcome to the Events Registration Page," go to the bottom of the page, and click "continue to the events calendar".

Step 4: Once you are in the events calendar you may search an event by going to the "Activities" tab and clicking the drop down arrow, you can narrow down the search by county and month.

Step 5: Once you have chosen the activity you will be taken to a page that says "Who is registering for this event?"

Step 6: Put in your login and password. You should have received this information after you registered to be a member of GSUSA. If you have misplaced your login and or password, please contact GSOFACT's Registration Department, [Registration@gsofct.org](mailto:Registration@gsofct.org).

Step 7: Enter your credit card information.

Step 8: If you choose to have an email confirmation sent, make sure that you have removed your spam blocker.

### Payment Options:

**Check Payments** - Please make checks payable to GSOFACT, and send payment in full with completed Registration Form to the Registration Department, North Haven Service Center. *Copies of checks will not be accepted.*

**Credit Card Payments** - If paying by credit card, you may fax or mail the Registration Form providing credit card information in the space allotted at the bottom of the form. Visa, MasterCard, American Express, and Discover are accepted. Include the full account number, expiration date, name as it appears on the card, and authorization to charge the card.

**In-Person Registration** - Visit the Registration Department in the North Haven Service Center and submit the Registration Form with payment (check, cash, money order, or credit card).

**Confirmation:** Upon Registration through our website [www.gsofct.org](http://www.gsofct.org) you will receive a confirmation that your registration has been received. This does not confirm placement in a course. All volunteers registered will receive placement confirmation via mail or email one to two weeks following receipt of your registration and payment. Until both a completed registration form and payment are received, you are **not** registered for the training. If you have not received a confirmation, call or email the Registration Department (ext. 500). Sometimes the mail goes astray, and we may not have received your registration.

*Please note: Placement delays may occur if the training has not met the minimum required attendance for a course.*

**Fees:** There is a \$10 registration fee per class, except where noted. A \$5 voucher to any of Girl Scouts of Connecticut's shops will be presented to you at the completion of Leadership Essentials, Out and About, and Camping Adventures. There are **no** vouchers for Learning Events, First Aid/CPR, Service Unit Trainings, or courses with no fees. Vouchers are non-transferable and only good for the current membership year.

*Please note Training is a legitimate troop expense and may be paid for from a troop's treasury.*


**Attendance:** Plan to arrive early to settle in and enjoy networking with other volunteers. **Classes begin promptly at the scheduled time.** Arriving late is a disruption to the facilitator and other class participants. You are expected to stay until the end of a training class. Should circumstances arise that would cause you to be more than a few minutes late, we suggest that you call to reschedule.

**Children:** Unfortunately we cannot accommodate children at trainings. This is for your child's safety, as well as for your benefit and the well-being of the class. Thank you for your understanding.

**Cancellations:** If you are unable to attend a course, please contact Girl Scouts of Connecticut's Registration Department at 1-800-922-2770 ext. 500 or [Registration@gsofct.org](mailto:Registration@gsofct.org) during normal business hours. If you cannot attend a course for which you have paid a fee and you cancel **48 hours prior to the course**, you may reschedule. **If you do not show up for the training, the fee will not be refunded.** Emergency situations will be handled on an individual basis.

Most Council Facilitators are volunteers who devote much time to preparing for courses they teach. They are anticipating your participation and need to know if you cannot attend. Please extend them that courtesy.

**Self-Study/Online:** Leadership Essentials and Out and About are offered as self-study/online courses. Volunteers who cannot attend a regularly scheduled course can complete their training with this option. To register for a self-study or an online course, see page 3 of this book or contact the Volunteer Development Services Department for more information.

 **Interaction and sharing among course participants is such a valuable part of our adult education classes that a self-study option is only available once.**

**Financial Assistance:** Financial assistance may be available for some courses for which there is a fee. A copy of the request for Financial Assistance for Adult Members Form (Form 4210) can be found on our website [www.gsofct.org](http://www.gsofct.org). *Please note: Training is a legitimate troop expense and may be paid for from a troop's treasury.*

**Directions:** Directions to training locations can be found in the back of this book and on [www.gsofct.org](http://www.gsofct.org).

**Questions:** For training concerns, please contact the Volunteer Development Services Department at 1-800-922-2770 or [Adultdev@gsofct.org](mailto:Adultdev@gsofct.org)

# Volunteer Training

Volunteers need to complete the GSOFCT volunteer application process before taking any training. Girl Scouts of Connecticut encourages two adults in every troop to complete both GSUSA and GSOFCT Orientations, however at least one adult is required. GSUSA and GSOFCT Orientation must be taken prior to taking Leadership Essentials. Leadership Essentials needs to be completed within three (3) months of starting your troop/group.

## Part I

<b>WHAT:</b>	GSUSA Orientation
<b>PREREQUISITE:</b>	Completion of GSOFCT volunteer application process
<b>HOW LONG:</b>	30 minutes
<b>WHERE:</b>	GSUSA Website
<b>HOSTED BY:</b>	GSUSA
<b>CONTENT:</b>	Overview of GSUSA Organization and the Girl Scout Leadership Experience
<b>FEE:</b>	None
<b>INFO:</b>	Contact Your Membership and Marketing Manager



## Part II

<b>WHAT:</b>	GSOFCT Orientation
<b>PREREQUISITE:</b>	GSUSA Orientation
<b>HOW LONG:</b>	3 hours
<b>WHERE:</b>	Your Local Community
<b>GIVEN BY:</b>	Service Unit Orientation Volunteers
<b>CONTENT:</b>	GSOFCT's policies and procedures; Girl Scout program, information on how to start a Troop
<b>FEE:</b>	None

## PART III

<b>WHAT:</b>	Leadership Essentials*
<b>PREREQUISITE:</b>	GSUSA and GSOFCT Orientation
<b>HOW LONG:</b>	3 hours
<b>WHERE:</b>	Centralized locations
<b>GIVEN BY:</b>	Council Facilitators
<b>CONTENT:</b>	Girl Scout Leadership Experience; Journey Book; Three keys to leadership
<b>FEE:</b>	\$10

\*Online option available

## LEADERSHIP ESSENTIALS– FEE \$10.00\*

Learn how to facilitate Girl Scout Troop/Group meetings and activities that are girl-led, promote cooperative learning, and encourage learning by doing.

Course #	Day of Week	Date	Time	Location	Deadline
TR10015	Tuesday	1/12/2010	6:00pm-9:00pm	North Haven Service Center	1/5/2010
TR10032	Friday	1/15/2010	9:00am-12:00pm	Bridgeport Service Center	1/8/2010
TR10033	Saturday	1/16/2010	9:00am-12:00pm	North Haven Service Center	1/9/2010
TR10016	Monday	1/25/2010	9:00am-12:00pm	Hartford Service Center	1/18/2010
TR10034	Tuesday	1/26/2010	7:00pm-10:00pm	Wilton Service Center	1/19/2010
TR10035	Tuesday	1/26/2010	6:00pm-9:00pm	Suffield Ambulance Building	1/19/2010
TR10036	Wednesday	2/3/2010	6:00pm-9:00pm	North Windham Service Center	1/27/2010
TR10037	Thursday	2/4/2010	9:00am-12:00pm	Wilton Service Center	1/28/2010
TR10038	Wednesday	2/10/2010	6:00pm-9:00pm	North Haven Service Center	2/3/2010
TR10039	Tuesday	2/16/2010	7:00pm-10:00pm	Wilton Service Center	2/9/2010
TR10040	Tuesday	3/2/2010	9:00am-12:00pm	North Haven Service Center	2/23/2010
TR10041	Thursday	3/11/2010	7:00pm-10:00pm	Wilton Service Center	3/4/2010
TR10042	Wednesday	3/17/2010	6:00pm-9:00pm	Waterbury Service Center	3/10/2010
TR10043	Monday	3/22/2010	1:00pm-4:00pm	Torrington Service Center	3/15/2010
TR10066	Tuesday	3/23/2010	6:00pm-9:00pm	Suffield Ambulance Building	3/16/2010
TR10067	Saturday	4/3/2010	9:00am-12:00pm	North Haven Service Center	3/27/2010
TR10068	Wednesday	4/7/2010	6:00pm-9:00pm	North Haven Service Center	3/31/2010
TR10069	Thursday	4/15/2010	9:30am-12:30pm	Candlewood Program Center	4/8/2010
TR100700	Friday	4/16/2010	9:30am-12:30pm	North Windham Service Center	4/9/2010
TR10071	Saturday	4/17/2010	9:00am-12:00pm	Merrie Wood Program Center	4/10/2010
TR10072	Monday	4/19/2010	9:00am-12:00pm	Wilton Service Center	4/12/2010

## LEADERSHIP ESSENTIALS– FEE \$10.00\*

Course #	Day of Week	Date	Time	Location	Deadline
TR10073	Saturday	5/1/2010	9:00am-12:00pm	North Haven Service Center	4/24/2010
TR10052	Wednesday	5/5/2010	6:00pm-9:00pm	North Haven Service Center	4/29/2010
TR10053	Monday	5/17/2010	9:00am-12:00pm	Hartford Service Center	5/10/2010
TR10054	Wednesday	5/19/2010	1:00pm-4:00pm	Waterbury Service Center	5/12/2010
TR10055	Saturday	6/5/2010	9:00am-12:00pm	North Haven Service Center	5/29/2010
TR10056	Wednesday	6/9/2010	6:00pm-9:00pm	North Haven Service Center	6/2/2010
TR10057	Tuesday	6/15/2010	1:00pm-4:00pm	Wilton Service Center	6/8/2010
TR10058	Wednesday	6/23/2010	6:30pm-9:30pm	Torrington Service Center	6/16/2010
TR10059	Saturday	7/10/2010	9:30am-12:30pm	North Haven Service Center	7/3/2010
TR10060	Tuesday	7/20/2010	9:30am-12:30pm	Torrington Service Center	7/13/2010
TR10061	Thursday	8/5/2010	7:00pm-10:00pm	Wilton Service Center	7/28/2010
TR10062	Tuesday	8/10/2010	6:30pm-9:30pm	Waterbury Service Center	8/3/2010
TR10063	Wednesday	8/18/2010	1:00pm-4:00pm	Hartford Service Center	8/11/2010
TR10064	Monday	8/23/2010	9:30am-12:30pm	North Windham Service Center	8/16/2010
TR10065	Tuesday	8/24/2010	1:00pm-4:00pm	North Haven Service Center	8/17/2010

\* ONLINE OPTION AVAILABLE



## ***Venga y Aprenda con nosotros!*** **Tome su adiestramiento en español.**

### **FUNDAMENTOS DE LIDERAZGO**

Los voluntarios necesitan completar el proceso de aplicación para voluntariado de GSOFCT antes de tomar adiestramiento. Girl Scouts of Connecticut requiere el mínimo de un adulto en cada tropa complete la Orientación de GSUSA y GSOFCT, sin embargo, se recomienda tener por lo menos dos adultos con adiestramiento por tropa. Orientación a GSUSA y GSOFCT debe ser completado antes de tomar Fundamentos de Liderazgo. Fundamentos de Liderazgo debe ser completado dentro de tres (3) meses de haber empezado su tropa/grupo. El costo de este curso es \$10.00. Al terminar el curso se le dará un vale para la tienda del Concilio.

Adiestramientos adicionales en Español pueden ser añadidos si es necesario. Contacte Deb Sabia al [dsabia@gsofct.org](mailto:dsabia@gsofct.org) para más información.

No. del Curso	Día de la Semana	Fecha	Horario	Local	Plazo
TR10074	Miercoles	2/10/2010	6:00pm-9:00pm	El Centro de Servicio en Waterbury	2/3/2010
TR10075	Lunes	3/22/2010	6:00pm-9:00pm	El Centro de Servicio en Bridgeport	3/15/2010
TR10076	Martes	4/6/2010	6:30pm-9:30pm	El Centro de Servicio en North Haven	3/30/2010
TR10077	Jueves	5/20/2010	6:00pm-9:00pm	El Centro de Servicio en Torrington	5/13/2010



## LEARNING EVENTS – FEE \$5.00

Want to expand on your troop skills, get additional skills to help you work with the girls, or just have some fun? Then Learning Events are for you. These courses are enhancements to your required training. Please note; **No vouchers** are given for Learning Events.

### Amazing Daisy Days

Give the youngest girls a special start to Girl Scouting. Review the Daisy program, Daisy Petals, Daisy Ceremonies and “Garden Parties.” Learn to create Take Action Projects and community service projects for the youngest Girl Scouts. Engage parents in the Girl Scout Daisy experience. Retain girls and adults for the next Girl Scout grade level.

Course #	Day of Week	Date	Time	Location	Deadline
TR10706	Friday	1/8/2010	10:30am-1:30pm	Bridgeport Service Center	1/1/2010
TR10707	Wednesday	1/20/2010	2:30pm-5:30pm	North Windham Service Center	1/13/2010
TR10762A	Friday	2/5/2010	9:00am-12:00pm	Wilton Service Center	1/29/2010
TR10763A	Thursday	4/15/2010	1:00pm-4:00pm	North Haven Service Center	4/6/2010
TR10764A	Wednesday	5/19/2010	6:30pm-9:30pm	Waterbury Service Center	5/12/2010
TR10765A	Monday	6/14/2010	9:30am-12:30pm	Torrington Service Center	6/7/2010

### Brownie Ways and Days

Creativity for the Brownie years, including Girl Scout Ways, fun crafts, non-competitive games, special Girl Scout Brownie ceremonies and songs. Learn the progression for that first overnight adventure. Become familiar with the “Brownie Quest” and prepare the girls for the next Girl Scout grade level.

Course #	Day of Week	Date	Time	Location	Deadline
TR10724	Thursday	1/7/2010	2:00pm-5:00pm	North Windham Service Center	12/31/2009
TR10725	Saturday	1/9/2010	2:00pm-5:00pm	Torrington Service Center	1/1/2010
TR10766A	Tuesday	1/19/2010	7:00pm-10:00pm	Wilton Service Center	12/30/2009
TR10767A	Tuesday	1/19/2010	7:30pm-10:30pm	Monroe Congregational Church, Monroe, CT	1/12/2010
TR10726	Wednesday	1/27/2010	1:30pm-4:30pm	Hartford Service Center	1/19/2010
TR10768A	Tuesday	2/23/2010	12:30pm-3:30pm	Wilton Service Center	2/16/2010
TR10769A	Wednesday	3/24/2010	9:30am-12:30pm	Waterbury Service Center	3/17/2010
TR10770A	Tuesday	4/13/2010	9:00am-12:00pm	North Haven Service Center	4/6/2010
TR10771A	Wednesday	6/30/2010	6:00pm-9:00pm	Norwalk TBD	6/24/2010
TR10772A	Saturday	9/11/2010	1:00pm-4:00pm	North Windham Service Center	9/4/2010

### Budgeting for Your Troop Daisy/Brownie

This course will help you learn and teach the girls how to budget for Troop activities throughout the year. In addition, learn tips on how to set dues, retain receipts, plan for expenses, and much, much more.

Course #	Day of Week	Date	Time	Location	Deadline
TR10738	Wednesday	1/20/2010	6:00pm-8:00pm	North Windham Service Center	1/13/2010
TR10773A	Saturday	2/13/2010	9:00am-11:00am	North Haven Service Center	2/6/2010
TR10774A	Tuesday	3/16/2010	9:00am-11:00am	Wilton Service Center	3/9/2010
TR10775A	Wednesday	5/26/2010	6:30pm-8:30pm	Waterbury Service Center	5/19/2010

### Budgeting for Your Troop Junior/Cadette

Girl Scout Junior and Cadette girls are ready to do more with their money...but what is your role? Learn the finer points of this topic that you can bring back to the girls.

Course #	Day of Week	Date	Time	Location	Deadline
TR10776A	Saturday	2/13/2010	1:00pm-3:00pm	North Haven Service Center	2/6/2010
TR10777A	Thursday	4/22/2010	9:30am-11:30am	Hartford Service Center	4/15/2010
TR10778A	Saturday	5/1/2010	9:00am-11:00am	Waterbury Service Center	4/24/2010

### Build the Perfect Resume

This workshop gives you the basics of how to polish up your resume. Learn how to capture the attention of prospective employers by properly displaying the skills, experiences, and qualifications that make you stand out from the others. Learn the different resume styles, what to include/exclude, and how to prep for an interview.

Course #	Day of Week	Date	Time	Location	Deadline
TR 10779A	Tuesday	4/6/2010	6:30pm-8:30pm	Waterbury Service Center	3/29/2010
TR 10780A	Saturday	5/22/2010	9:30am-11:30am	North Haven Service Center	5/14/2010

### Camporee Training

Are you ready to run a successful Girl Scout Camporee? Camporee training will give you the tools to do the pre-planning, delegation, themes, cost; plus the who, what, where, when, and how of a successful event. This course is beneficial for both first-time and experienced Camporee chairs and committee members.

Course #	Day of Week	Date	Time	Location	Deadline
TR10751	Thursday	1/21/2010	6:00pm-9:00pm	North Haven Service Center	1/14/2010
TR10781A	Tuesday	2/23/2010	6:00pm-9:00pm	Pattagansett Program Center	2/19/2010
TR10782A	Thursday	2/25/2010	1:00pm-3:00pm	Waterbury Service Center	2/21/2010

## Jazzy Juniors Workshop

Come to learn about the Junior badges, awards and activities using the Junior Journey. Increase the girls' sense of confidence as they progress to more challenging accomplishments. Exchange creative ideas for community service projects and the new Take Action projects

Course #	Day of Week	Date	Time	Location	Deadline
TR10793A	Thursday	1/14/2010	7:00pm-10:00pm	Wilton Service Center	1/7/2010
TR10796A	Thursday	3/4/2010	7:00pm-10:00pm	Wilton Service Center	2/25/2010
TR10795A	Tuesday	3/16/2010	6:00pm-9:00pm	Waterbury Service Center	3/12/2010

## Take Action

In each of the GSUSA Journey books, girls need to complete a Take Action Project. But what does that mean to you as the Troop volunteer? The Take Action project gets girls motivated and excited about making an impact in their community that can be felt in the long term. Take Action encourages girls to think bigger and to address problems in such a way that they do not reoccur. And, perhaps most important, a girl's Take Action Project changes the world in a meaningful way. Take this course and you will be on your way to helping the girls impact the world.

Course #	Day of Week	Date	Time	Location	Deadline
TR 10783A	Monday	2/15/2010	10:00am-12:00pm	North Haven Service Center	2/1/2010
TR10784A	Friday	3/19/2010	9:30am-11:30am	Hartford Service Center	3/12/2010
TR10792A	Monday	4/12/2010	6:00pm- 8:00pm	Wilton Service Center	3/29/2010

## Utilize the Volunteer Bank

Everyone has something that can qualify them for Girl Scouts of Connecticut's Volunteer Bank. Learn the logistics of the Volunteer Bank- from how volunteers apply, to how they can be utilized for Troop workshops and events. Now is the time to invest yourself in learning about the Volunteer Bank.

Course #	Day of Week	Date	Time	Location	Deadline
TR 10785A	Tuesday	2/9/2010	6:30pm-8:00pm	North Haven Service Center	2/2/2010
TR10786A	Saturday	3/27/2010	9:30am-11:00am	Waterbury Service Center	3/19/2010
TR10787A	Wednesday	5/12/2010	6:30pm-8:00pm	Torrington Service Center	5/5/2010
TR10788A	Saturday	7/24/2010	9:30am-11:00am	North Windham Service Center	7/16/2010

### What's the Message? Women and Media

What do advertisements, TV, and music tell women and girls about how to look and behave? Take a critical look at marketing strategies used in today's media. Begin a dialogue with the girls to think about both positive and negative media images of young women in today's society.

Course #	Day of Week	Date	Time	Location	Deadline
TR10742A	Saturday	1/16/2010	9:30am-11:30am	Waterbury Service Center	1/8/2010
TR10743A	Friday	1/29/2010	12:00pm-2:00pm	North Haven Service Center	1/22/2010

### Older Girls Leading the Way

Come learn how to use the existing Interest Projects and awards program with the Journeys to create a varied and fun leadership program for the girls. Share strategies for retaining and advancing girls at this level.

Course #	Day of Week	Date	Time	Location	Deadline
TR10789A	Tuesday	2/16/2010	7:30pm-10:30pm	Monroe Congregational Church	2/9/2010
TR10790A	Saturday	3/6/2010	9:00am-12:00pm	Candlewood Program Center	2/27/2010
TR10791A	Thursday	4/8/2010	7:00pm-10:00pm	Wilton Service Center	4/1/2010



# Outdoor Training

If the girls in the Troop plan to participate in outdoor activities, then the Troop will need to have an adult who is outdoor trained. This adult will do the following:

**PLAN** and prepare for the outdoor event with the girls;

**ATTEND** the event and help to supervise the girls;

**LISTEN** to the girls and help them evaluate the experience.

**Who Can Attend:** All outdoor training courses are open to registered adult Girl Scouts.

**Fee:** There is a \$10 registration fee for Out and About and Camping Adventures per class. A \$5 voucher to any of Girl Scouts of Connecticut shops will be presented to you at the completion of the training. Participants in Camping Adventure courses share the cost of food and supplies determined during their planning session.



## REQUIREMENTS FOR OUTDOOR ACTIVITIES

1. Troops/Groups using Outdoor Program Centers must have Council approval.
2. When Troops go camping, they must be accompanied by adults who have had the GSOFCCT outdoor training or equivalent **and** all required Leader training.
3. Troops must meet the ratio of adults to campers as defined in *Safety-Wise*, p. 69. At least one registered adult female must be present at all times.
4. At least one Troop/Group adult must be a qualified First Aider with current adult/child CPR certification.
5. To encourage independence in girls and to avoid any appearance of impropriety, it is strongly recommended that girls and adults stay in separate cabins/tents whenever possible. If adults do share sleeping quarters with girls at least two female adults must be present. Males may participate if separate sleeping quarters and bathrooms are available for their use.

**OUT AND ABOUT – FEE \$10.00\***

Out and About prepares volunteers to take the girls out of doors. Topics will include outdoor health, safety, progression in the outdoors, hiking guidelines, and indoor food preparation.

Out and About training needs to be completed *at least two (2) months* prior to a day trip (four hours or more) to Council program centers or other outdoor sites, to participate in Service Unit camporees for the day, and/or to have simple overnights in a Program Center or community building with an automatic heating system and using indoor cooking only. *Please note: This course does not include any outdoor cooking or fireplace cooking techniques.*

Course #	Day of Week	Date	Time	Location	Deadline
TR 10431	Monday	1/11/2010	6:30pm-9:30pm	Richmond Senior Center, New Milford	1/4/2010
TR10432	Tuesday	1/12/2010	6:30pm-9:30pm	Chapel at Riverside Cemetery Norwalk	1/5/2010
TR10412	Wednesday	1/13/2010	6:30pm-9:30pm	Hartford Service Center	1/6/2010
TR10414	Thursday	1/28/2010	6:30pm-9:30pm	Torrington Service Center	1/21/2010
TR10433	Monday	2/8/2010	9:00am-12:00pm	Wilton Service Center	2/1/2010
TR10434	Saturday	2/20/2010	9:00am-12:00pm	Pattagansett Program Center	2/13/2010
TR10435	Tuesday	2/23/2010	6:30pm-9:30pm	North Haven Service Center	2/16/2010
TR10436	Wednesday	2/24/2010	6:30pm-9:30pm	Zion Lutheran Church	2/17/2010
TR10437	Wednesday	3/10/2010	6:30pm-9:30pm	Waterbury Service Center	3/3/2010
TR10438	Monday	4/5/2010	6:30pm-9:30pm	Richmond Senior Center, New Milford	3/29/2010
TR10439	Thursday	4/15/2010	6:30pm-9:30pm	Enfield area – TBD	4/8/2010
TR10440	Tuesday	4/20/2010	7:00pm-10:00pm	Wilton Service Center	4/13/2010
TR10441	Tuesday	5/4/2010	6:30pm-9:30pm	Hartford area – TBD	4/27/2010
TR10442	Thursday	5/13/2010	6:30pm-9:30pm	Torrington Service Center	5/6/2010

**\* ONLINE OR SELF-STUDY OPTION AVAILABLE**

## **CAMPING ADVENTURES – FEE \$10.00\***

Camping Adventures prepares volunteers to take the girls overnight camping and cooking in the outdoors. Topics will include progression in camping, outdoor food preparation, sleeping in the outdoors, and how to pack.

Camping Adventures needs to be completed *two (2) months* prior to camping in a backyard, platform tent, shelter, cabin, or lean-to, doing simple outdoor cooking (i.e., one-pot meals and Dutch oven cooking, or use of a portable stove), using wood fires, doing outdoor food preparation, and outdoor dishwashing.

Attendance at **both** the planning session and weekend is **required** for all taking training. There is a \$10 registration fee for Camping Adventures. **Shared cost of food and supplies will be determined during planning session. This is an addition to the \$10 registration fee.**

## **CAMPING ADVENTURES CHALLENGE – FEE \$20.00 \***

Camping Adventures Challenge is designed for adults who have extensive camping experience but have not yet completed Camping Adventures. This advanced course applies to highly experienced adults who had training from another council or agency in camping, environmental education, or other extensive outdoor training experience, and who are looking to take their troops camping. Please provide an outline of the training if taken at another council or agency.

Camping Adventures Challenge has a cost of **\$20.00** per course. Fee includes food and supplies.

\* **Prerequisite** – Out and About.



**CAMPING ADVENTURES – FEE \$10.00 \***

Course #	Day of Week	Date	Time	Location	Deadline
TR10530	Wednesday & Saturday – Sunday	4/7/2010 4/17 – 18/2010	Wed. 6:30pm– 9:30pm Sat. 9:00am– Sun. 9:00am	Waterbury Service Center; An-Se-Ox Program Center	3/31/2010
TR10531	Thursday & Saturday – Sunday	4/1/2010 4/10- 11/2010	Thurs. 6:30pm– 9:30pm Sat. 9:00am– Sun.9:00am	Murray Program Center	3/25/2010
TR10532	Wednesday & Saturday – Sunday	4/14/2010 4/24- 25/2010	Wed. 6:30pm– 9:30pm Sat. 9:00am– Sun. 9:00am	Carlson Program Center	4/7/2010
TR10533	Wednesday & Friday – Saturday	4/14/2010 4/23- 24/2010	Wed.6:30pm– 9:30 pm Fri. 6:00pm–Sat. 6:00pm	Murray Program Center	4/7/2010
TR10534	Wednesday & Friday – Saturday	4/14/2010 4/23- 24/2010	Wed. 6:30pm– 9:30 pm Fri. 6:00pm– Sat. 6:00pm	Pattagansett Program Center	4/7/2010
TR10535	Wednesday & Friday – Saturday	4/21/2010 4/30 – 5/1/2010	Wed. 7:00pm– 9:30 pm Fri. 5:30pm–Sat. 5:30 pm	Wilton Service Center; Aspetuck Program Center	4/14/2010
TR10536	Wednesday & Friday – Saturday	4/28/2010 5/7 – 8/2010	Wed. 6:30pm– 9:30 pm Fri. 6:00pm–Sat. 6:00pm	Laurel Program Center	4/21/2010
TR10537	Monday & Saturday – Sunday	5/10/2010 5/22 – 23/2010	Mon. 6:30pm– 9:30 pm Sat 6:00pm–Sun. 6:00pm	Carlson Program Center	5/3/2010
TR10538	Wednesday & Saturday – Sunday	5/12/2010 5/22 – 23/2010	Wed. 7:00pm– 9:30pm Sat. 11:30am– Sun. 11:30am	Wilton Service Center; Candlewood Program Center	5/5/2010
TR10539	Wednesday & Saturday – Sunday	6/9/2010 6/19 – 20/2010	Wed. 6:30pm– 9:30 pm Sat. 9:00am–Sun. 9:00am	Maria Pratt Program Center	6/2/2010
TR10540	Wednesday & Friday – Saturday	7/21/2010 7/30- 31/2010	Wed. 7:00 pm– 9:30 pm Fri. 5:30pm–Sat. 5:30pm	Aspetuck Program Center	7/14/2010
TR10541	Wednesday & Saturday – Sunday	8/11/2010 8/21 – 22/2010	Wed. 7:00pm– 9:30 pm Sat. 11:00am– Sun. 11:00am	Aspetuck Program Center	8/4/2010
TR10542	Wednesday & Friday – Saturday	8/4/2010 8/13 – 14/2010	Wed. 6:30pm– 9:30 pm Fri. 6:00pm– Sat.6:00pm	Laurel Program Center	7/28/2010

**\* SHARED COST OF FOOD AND SUPPLIES DETERMINED DURING PLANNING SESSION**

**CAMPING ADVENTURES CHALLENGE – FEE \$20.00**

Course #	Day of Week	Date	Time	Location	Deadline
TR10543	Sunday	3/21/2010	1:00pm–5:00pm	Candlewood Program Center	3/14/2010
TR10544	Tuesday	4/27/2010	5:00pm–9:00pm	Merri-wood Program Center	4/20/2010
TR10545	Sunday	5/16/2010	1:00pm–4:00pm	Carlson Program Center	5/9/2010



## CAMPING ADVENTURES UPDATE



Camping Adventures requires an update every five (5) years from the time she/he takes her/his first Camping Adventures training. The update will teach any new practices, policies, etc. Volunteers can register for the Camping Adventures Update through the Registration Department at the North Haven Service Center. Once the Update is completed and reviewed, a Girl Scouts of Connecticut Facilitator will contact you to schedule an on-site visit.

There are several options to renew Camping Adventures:

- Successfully complete one of the Advanced Outdoor Courses 12 hours or longer;
- Successfully retake Camping Adventures or Camping Adventures Update;
- Successfully complete the Camping Adventures Update.

Please contact the Volunteer Development Services Department for information regarding Camping Adventures Update.

### ADVANCED OUTDOOR COURSES

- These courses include opportunities for adults to expand their knowledge of the outdoor world.
- These courses are not required *unless* a Troop is planning a specific type of camping experience, such as winter camping or backpacking.
- They are offered for adults to expand their knowledge base or to renew their Camping Adventures Certification (12 hours or longer).

### Archery for Fun – FEE \$12.00

Archery is one of the fastest growing sports in the country. In these modern times, archery is no longer considered a weapon of war and destruction, but an organized sport and true test of precision and accuracy. Participants will learn the essentials of archery, shooting techniques, and the safety and guidelines needed for this sport. This course includes target time.

Course #	Day of Week	Date	Time	Location	Deadline
TR10215	Saturday	7/10/2010	1:00pm–4:00pm	Aspetuck Program Center	7/3/2010

### Archery Instructor - FEE \$20.00

Become certified to teach archery to Girl Scout groups following GSUSA and Safety-Wise standards. This course includes basic archery form, positive coaching techniques, basic equipment maintenance, and safety. Learn how to teach a class on established Girl Scout archery ranges as well as how to build an “off-site” range.

Course #	Day of Week	Date	Time	Location	Deadline
TR10216	Saturday	5/8/2010	9:00am–4:00pm	Maria Pratt Program Center	5/1/2010

**Backpacking – FEE \$10.00\***

This course will provide participants with the information and skills to lead girls on backpacking trips. The first Saturday will be done in a classroom setting. The following Saturday will be held on the trail. Participants will carry a full pack and cook lunch along the way.

Course #	Day of Week	Date	Time	Location	Deadline
TR10217	Saturday Saturday	4/24/2010 & 5/1/2010	10:00am–3:00pm (both dates)	Camp Murray Program Center	4/17/2010

**\* SHARED COST OF FOOD AND SUPPLIES DETERMINED DURING FIRST SESSION**

**Leave No Trace – FEE \$10.00**

The Leave No Trace course teaches responsible enjoyment and active stewardship of the outdoors by all people, worldwide through a series of activities. Participants will learn how to maintain the integrity and character of the outdoors for all living things. However, Leave No Trace is not simply a program for visiting the backcountry, it is a way of life, and learning Leave No Trace concepts begins at home.

Course #	Day of Week	Date	Time	Location	Deadline
TR10218	Saturday	4/24/2010	1:00pm–5:00 pm	Camp Aspetuck Program Center	4/17/2010





## ***Everything You Need to Know about First Aid & CPR Training***

The health and safety of a Troop are very important. Although health and safety are the concern of the entire leadership team, a large part of the responsibility rests in the hands of the First Aider. While First Aiders may not be required for regular Troop meetings and activities not involving physical exertion, they are needed for trips and strenuous activities or other activities involving any **potential** for injury. Consult *Safety-Wise* for specific activities that require a First Aider.

The adult acting as the certified “First Aider” must be current in **both** First Aid and Adult/Child CPR. Training covers rescue breathing, choking, CPR, broken bones, bleeding, cold weather emergencies, and much more.

**THE FOLLOWING POLICIES ARE UNDER THE JURISDICTION OF THE AMERICAN RED CROSS. GIRL SCOUTS OF CONNECTICUT IS THE ADMINISTRATOR.**

**WE CANNOT CHANGE OR MODIFY THESE REQUIREMENTS UNDER ANY CIRCUMSTANCES. THANK YOU FOR YOUR UNDERSTANDING.**

**Who can Attend:** American Red Cross First Aid/CPR For Schools and Community (including review and challenge courses) is for volunteers. **You must be a registered Girl Scout to take Council-sponsored Red Cross classes.**

**Registration:** Red Cross limits the size of most classes to a minimum **of six and a maximum of ten**. It is suggested that you register early to get your first choice in a course.

You must attend all sequential sessions of a class to receive your certificate.

- ✦ Classes start promptly. Come early to do paperwork.
- ✦ Latecomers/walk-ins **will not** be permitted to take the class.
- ✦ Wear comfortable clothing. You will be kneeling on the floor during CPR training.
- ✦ No eating/drinking is allowed during CPR sessions. You may bring a snack or lunch for the break.
- ✦ Please bring a self addressed stamped envelope to the course. The instructor will collect envelopes to send the American Red Cross certification card to you.

**First Aid Certification:** First Aid certification is good for **three years**. In order to stay current, you must be recertified either on or before the expiration date on your card. There is no certification grace period.

**CPR Certification:** CPR certification requires **yearly renewal**. In order to stay current, you must be recertified either on or before the expiration date on your card. There is no certification grace period.

**Materials:** All participants are asked to bring a current *American Red Cross First Aid/CPR/AED for Schools and Community Participant’s Manual (3<sup>rd</sup> Edition)* to their course. If you do not have a current copy you can borrow one from another volunteer in your area or use one of Girl Scouts of Connecticut’s during the course.

**✦ If you wish to purchase your own manual, please bring a check for \$15 made payable to GSOFCCT with you to the course.**

**Please be advised:** Girl Scouts of Connecticut **does not** consider you a certified First Aider (Community First Aid and Adult/Child CPR) if your certification has lapsed. Please plan accordingly for Troop activities.

**Additional Options:** First Aid and CPR courses given through other organizations are accepted as long as they fulfill Girl Scout requirements. The cost will probably be higher than those offered through GSOFC. Upon course completion, please notify your Service Unit of your certification dates. If a Service Unit is in need of a course, please contact the Volunteer Development Services Department.

Online CPR courses do not meet the *Safety-Wise* Standards and therefore are not acceptable for adults covering troops.

**FIRST AID/ CPR FOR SCHOOLS AND COMMUNITIES – FEE \$35.00\***

This course includes First Aid as well as Adult and Child CPR. The purpose of the course is to provide lay responders with the knowledge and skills necessary to help sustain life and minimize the consequences of injury and sudden illness until advanced medical help arrives.

Course #	Day of Week	Date	Time	Location	Deadline
TR10933A	Saturday	1/9/2010	9:00am-4:00pm	North Haven Service Center	1/1/2010
TR10934A	Saturday	1/9/2010	9:00am-4:00pm	North Windham Service Center	1/1/2010
TR10935A	Saturday	1/16/2010	9:00am-4:00pm	Bridgeport Service Center	1/8/2010
TR10962A	Saturday	1/23/2010	9:00am-4:00pm	Deep River Congregational Church	1/16/2010
TR10963A	Saturday	1/23/2010 Snowdate: 1/30/2010	10:00am-5:00pm	North Windham Service	1/16/2010
TR10964A	Saturday	2/6/2010	9:00am-4:00pm	Waterbury Service Center	1/31/2010
TR10965A	Saturday	3/13/2010	9:00am-4:00pm	Laurel Program Center	3/6/2010
TR10966A	Saturday	3/20/2010	9:00am-4:00pm	Pattagansett Program Center	3/13/2010
TR10967A	Thursday	4/15/2010	9:00am-4:00pm	Pattagansett Program Center	4/10/2010
TR10968A	Saturday	7/17/2010	9:00 am-4:00 pm	Waterbury Service Center	7/10/2010

**\* DOES NOT INCLUDE BOOK**

**CPR – FEE \$20.00\***

This course includes Adult and Child CPR.

Course #	Day of Week	Date	Time	Location	Deadline
TR10969A	Tuesday	1/26/2010	6:00pm–10:00pm	Rocky Hill – TBD	1/19/2010
TR 10970A	Wednesday	2/3/2010	6:00pm–10:00pm	Hartford – TBD	1/28/2010
TR10971A	Monday	4/5/2010	6:00pm–10:00pm	Wilton Service Center	3/29/2010

**\* DOES NOT INCLUDE BOOK**

**FIRST AID – FEE \$20.00\***

This course includes sudden illnesses, splints and basic bandaging, and heat and cold emergencies.

Course #	Day of Week	Date	Time	Location	Deadline
TR10972A	Tuesday	2/2/2010	6:00pm–10:00pm	Rocky Hill TBD	1/26/2010
TR10973A	Wednesday	2/10/2010	6:00pm–10:00pm	Hartford – TBD	2/3/2010
TR10974A	Wednesday	4/7/2010	6:00pm–10:00pm	Wilton Service Center	3/31/2010

**\* DOES NOT INCLUDE BOOK**

**CPR REVIEW COURSE – FEE \$10.00\***

This course includes review practice sessions, opportunities for questions, a skills test, and a written exam. Coaching is given to perfect skills where needed.

- **You must show the instructor your unexpired CPR card.**
- This course only reviews CPR, not First Aid.

Course #	Day of Week	Date	Time	Location	Deadline
TR10975A	Wednesday	1/27/2010	7:00pm- 10:00pm	Torrington Service Center	1/20/2010

**\* DOES NOT INCLUDE BOOK**

**FIRST AID REVIEW COURSE – FEE \$10.00\***

This course includes review practice sessions, opportunities for questions, a skills test, and a written exam. Coaching is given to perfect skills where needed.

- **You must show the instructor your unexpired First Aid card.**
- This course only reviews First Aid, not CPR.

Course #	Day of Week	Date	Time	Location	Deadline
TR10919A	Wednesday	2/24/2010	7:00pm–9:45pm	Wilton Service Center	2/17/2010

**\* DOES NOT INCLUDE BOOK**



## CPR OR FIRST AID CHALLENGE COURSE– FEE \$10.00

- This course is ideal for people who have been through the process of recertification before.
- There is only a written and skills test involved; **no coaching, video, or review is provided.**
- Participants will take the written exam first. If a passing grade is achieved, skills will then be tested in response to situations described by the instructor.
- If you fail your written or skills test, you must take a complete First Aid or CPR course.
- **You do not need current certification to take this course.** If you are experienced with CPR, but have let your certification expire, you may take this course.
- Course does not include book.
- While there are limited challenge courses listed below, you may call the Volunteer Development Services Department to schedule an appointment.

## CPR CHALLENGE

Course #	Day of Week	Date	Time	Location	Deadline
TR10976A	Saturday	1/23/2010	4:00pm–5:00pm	Deep River Congregational Church	1/16/2010
TR10977A	Saturday	2/20/2010	10:00am–11:00am	Torrington Service Center	2/13/2010
TR10978A	Sunday	4/11/2010	2:00pm–3: 00pm	North Windham Service Center	4/4/2010

## FIRST AID CHALLENGE

Course #	Day of Week	Date	Time	Location	Deadline
TR10979A	Saturday	1/23/2010	5:00pm-6:00pm	Deep River Congregational Church	1/16/2010
TR10980A	Saturday	2/20/2010	11:00am–12:00 pm	Torrington Service Center	2/13/2010
TR10981A	Sunday	4/11/2010	1:00pm–2:00 pm	North Windham Service Center	4/4/2010

