

# Volunteer In Person Training

Training	Prerequisite	Valid for	Length	Cost	Description
Advanced Camp Training (ACT)	BOLT	NA	8 hrs	\$10	Covers compass skills, trail markers, hacksaws, axes, knots, and lashing, and Leave No Trace principles. Qualifies volunteers to take troops tent camping at all GSWCF camps and off camp property.
Advanced Outdoor Cooking	BOLT	NA	4 hrs	\$20	Covers how to engage girls in advanced outdoor cooking methods (dutch ovens, box ovens, trash can, etc.) One girl many attend with a registered adult.
Archery 1 Certification	4 hour online USA Archery Course	3 years	4 hrs online course 4 hrs in person	\$10	Covers archery range set up, equipment, teaching how to shoot and coaching techniques. Qualifies volunteers to utilize the archery range at all GSWCF camps and off camp property.
Basic Outdoor Leadership Training (BOLT)	Traveling Troop & Girl Scouts In the Outdoors in gsLearn	NA	8 hrs	\$10	Covers fire building, fire safety, knots, outdoor cooking techniques, meal planning, camping progression, and check in/check procedures at camp. Qualifies volunteers to take troops cabin camping at all GSWCF camps and off camp property.
CPR/FA Certification	NA	2 years	4-5 hrs	\$10	Covers how to respond appropriately to cardiac, breathing and first aid emergencies. Qualifies volunteers to be a troop first aider, which is required to accompany troops when traveling away from the troop meeting place.
Lifeguard Certification with Deep Water Module	6 hr online course AND In Person <u>Swimming Skills Evaluation</u>	2 years	6 hrs online course 21.5 hrs in person	\$150	Covers surveillance zones, communication, and monitoring techniques to prevent emergencies in a pool setting. Also covers how to respond to various medical emergencies, teamwork, emergency action plan (EAP) implementation, rescue techniques, and legal responsibilities, ensuring lifeguards can maintain a safe environment and respond effectively to emergencies. Qualifies volunteers to do activities where a lifeguard is required to be present (excluding open water settings). Check Safety Activity Checkpoints for list of activities.

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Open Water Training (Canoe/Kayak/SUP)	Small Craft Safety (SCS)	3 years	3.5 hrs	\$10	Covers how to use canoes, kayaks and stand up paddleboards safely at Camp Wai Lani. Qualifies volunteers utilize watercraft with troops at Camp Wai Lani ONLY.
Paddling 101 Training	NA	NA	3.5 hrs	\$10	Covers the basics of paddling techniques and games you can play on the water. Does not qualify volunteers to lead additional programming with troops. Is not an equivalent to Small Craft Safety.
River 1 Training (Canoe/Kayak/SUP)	Small Craft Safety (SCS)	3 years	8 hrs	\$85 w/o watercraft rental \$135 w/ watercraft rental	Covers essential paddling techniques, river safety and hydrology, trip planning skills, and how to handle common emergencies on the water. Held off council property and participants are given the option to rent watercraft or provide their own. Qualifies volunteers to utilize watercraft off council property on Class 1 rivers (fast-moving water with small waves and few obstacles).
Small Craft Safety (Canoe/Kayak/SUP)	NA	3 years	8 hrs	\$10	Covers basic safety for using canoes, kayaks and stand-up paddle boarding, how to prevent emergencies on the water, trip planning, and how to rescue yourself and others. Qualifies volunteers to utilize watercraft with troops on small lakes in Florida and at Camp Indian Echo.
Wilderness Camp Training	BOLT and ACT	NA	Session 1: 5 hrs Session 2: 1 overnight Session 3: 2 overnights	\$10	Covers the essential tools needed to take Junior through Ambassador Girl Scouts on trips into the wilderness. Taught in 3 sessions varying in days, preparing participants to take their troop backpacking. Qualifies volunteers to take troops backpacking off council property.
Wilderness First Aid Certification	CPR or CPR/FA Certification	2 years	16 hrs	\$100 \$125 with CPR add-on	Covers prevention, assessment, and treatment for an ill or injured person in a remote environment where care by a physician and/or rapid transport is not readily available. Certification is two 8 hr days of training. For volunteers without a CPR certification, a CPR add on class is held the night before in order to satisfy the prerequisite.