

## Girl Scouts of the Green and White Mountains Required courses for program activities

When preparing for any activity with girls, always begin with the Safety Activity Checkpoints written specifically for that particular activity. These are online at: <http://www.girlscoutsgwm.org/Volunteers/safety.html> . Also check Volunteer Essentials for the Adult Volunteer to Girl Ratios. Some activities may have their own set of ratios listed in the Activity Checkpoints.

### Course Names

LE – Leadership Essentials

TE – Troop Essentials

OAW – Outdoor Adventure Workshop

BOLS – Basic Outdoor Living Skills

AOLS – Advanced Outdoor Living Skills

SCS – Small Craft Safety

LG – Lifeguard

WFA – Wilderness First Aider

WFR – Wilderness First Responder

### Definitions

Outdoor Skills – campfires, pocket knife usage, tent usage, camp stoves, lanterns, hiking

CPR/First Aid Requirements for anytime you leave your meeting site.	CPR/First Aid	When Help is Delayed & CPR/First Aid	WFA & CPR or WFR
access to EMS is less than 30 minutes away and there is cell service	X		
access to EMS is 15-30 minutes away and there is limited or no cell service		X	
access to EMS is 30 or more minutes away with limited or no cell service			X

Group Activity	LE and TE*	OAW *	BOLS*	AOLS*	LG	SCS
Day Trips mostly Indoors (Museums, sporting events)	X					
Day Trips mostly Outdoors (Ice Skating, snow shoeing)	X					
Day Trips Outdoors using some Outdoor Skills	X	X				
Day Trips with water activities (swimming or boating)	X				X	X
Indoor Sleepover with no Outdoor Skills (heated building with no campfire cooking)	X					
Indoor Sleepover with some Outdoor Skills	X	X				
Outdoor Sleepover during June – September (no Outdoor Skills being used) Ex. Fisher Cats Overnight, Camp a la Carte	X					
Outdoor Camping during May - October	X		X			
Outdoor Camping during November - April	X		X	X		
Wilderness Camping (non-established campsites; backpacking huts, canoe overnights; limited access to phone and car)	X		X	X		

\*These certifications are at least one person per a troop for all occasions whether you are doing activities as a troop or as a community or service unit.