

Sahuaro Girl Scout Council

(SGSC thanks Girl Scouts Western North Carolina Pisgah Council for this material)



Girl Scouts
Where Girls Grow StrongSM

OUTDOOR TRAINING MODULE ONE

CAMPING SAFETY

To become a Qualified Troop Camper and take Girl Scouts camping, you will need to complete the following courses:

1. **Two** home study courses:

**Camping Safety, Outdoor Module 1 and
Outdoor Adventure Bound, Outdoor Module 2**

(After completing these two (2) courses you may take your troop cabin/indoor camping without fires/outdoor cooking.)

Complete the on-line/independent study courses before registering for the classes below.

2. **One** skills session: **Fire Building and Outdoor Cooking and
Knots, Knives, and New Skills, Module 3**

(After completing the above three (3) courses you will be a Qualified Troop Camper.)

You'll find dates for Module 3 (AKA Fire Building and Outdoor Cooking and Knots, Knives and New Skills) on the Sahuaro Girl Scout Council website www.sahuarogsc.org (offered 2x per year at alternating camp properties)

How To Proceed With This Course

Camping Safety is composed of seven chapters. Read the material and then answer the review questions at the back. An answer sheet is provided. Send the completed answer sheet to:

Director of Customer Experience
4300 E. Broadway Blvd.
Tucson, AZ 85711

Within two weeks you should receive notification of the results of your review. When you register for the Skills Trainings you will be asked for the dates of your successful completion of Camping Safety and Outdoor Adventure Bound.

And now you're ready to move on to the training. Enjoy!



Course Objectives:

By the end of the training the participant will be able to:

- List five values of Girl Scout camping experiences
- Describe GSUSA’s and Sahuaro Girl Scout Council’s camping standards, policies, and procedures
- Explain three methods of water purification
- Describe procedures for ensuring a safe camping trip and dealing with emergencies
- List the appropriate approval forms needed for camping trips
- Prepare extra adults to assist on Girl Scout camping trips

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Why Camp?

The Value of Girl Scout Camping

The value of a camping experience in a girl's life is beyond measure. It is a time for creating memories that will last a lifetime. It has been an important component of the Girl Scout experience since the organization's inception. The outdoors provides the setting for girls

- to stretch their minds and muscles;
- to appreciate the uniqueness and beauty of the world in which we live;
- to exercise leadership;
- to learn a wide variety of new skills;
- to be challenged as individuals and as groups working toward a common goal.

As adults in Girl Scouting, we want girls to learn more than just how to tie a knot or pitch a tent. Something as seemingly simple as playing a game or roasting marshmallows with friends can help shape a girl's life.

Camp offers many opportunities for girls to live in a community of caring adults who nurture girls in an outdoor environment. Girls grow in areas such as self-confidence, independence, leadership, new skills and interests, comradeship, and decision-making ability. They develop lifetime friendships; they live and participate in a community that recognizes differences; they discover the value of being in a safe, supportive environment. Camping offers not only adventure and challenge—but it's FUN! It presents a perfect setting in which to emphasize

- developing self-potential
- relating to others
- developing values
- contributing to society



Camp is also a good place for reflecting on the Girl Scout Promise and Law.

Camping techniques and ethics have changed dramatically since Juliette Low first took girls on an overnight adventure along the Savannah River. In the early days of camping, the wilderness was conquered with little thought about human impact on the natural environment.

Things have changed! Later in this training module, you will learn the principles of Leave No Trace Camping—practical conservation techniques designed to minimize impact on the environment. LNT should become an important and integral part of all outdoor activities in Girl Scouting.



The Leader's "Secret Agenda;" The Girl Scout Program Emphases

Camping and outdoor activities present a whole new opportunity for learning for girls. As adults in Girl Scouting, we want our girls to learn more than just how to tie a knot or how to pitch a tent. We want our girls to grow with that knowledge, to gain confidence, to work with others, to see how her actions affect others and to make good decisions. That's a lot to expect from simply learning to tie a square knot, isn't it?

As adults we have a longer vision, and we can see how something as seemingly simple as playing a game or roasting marshmallows with friends can help shape a girl's life.

What are the reasons your girls want to go camping? And what is it that you hope your girls will learn from a camping experience? Camping experiences should help girls to

- Develop self-potential
- Relate to others
- Develop values
- Contribute to society

As a Girl Scout leader, your challenge is to take the activities the girls want to do and direct those activities to meet this "secret agenda" for girl growth. Try it...

For instance, your girls want to go wading... while they are wading why not do some fun aquatic activities to learn about protecting the environment? Or your girls want to stay up all night... okay, grit your teeth, prepare for a sleepless night, and play team-building games or tackle a big service project or learn about the night sky and satellites...

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How can these activities help girls grow?

Build a fire

Sleep outside

Go on a hike

Catch frogs

Roast marshmallows

Pack clothing for the trip

Cook over a fire

Do "kapers"

Sing together

Girl Activities

Leader: Prior to the meeting, make a list on poster board or newsprint of reasons you think Girl Scouts go camping. Be sure to include such things as developing self-potential, relating to others, developing values, and contributing to society. And don't forget "to have fun!"

Girls: At the meeting, use another piece of poster board or newsprint and ask the girls to list why they want to go camping.

All: Compare the lists and discuss. Think of things you can do while camping that will fulfill expectations.



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Chapter 2 **SAFETY-WISE AND CAMPING**



Safety-Wise is our “safety bible.” Before taking your troop camping you should be very familiar with pages 81-93.

Health Issues Related To Outdoor Activities

Dehydration causes headaches, exhaustion, difficulty concentrating. Help prevent it by taking frequent breaks to “offer a toast” for something. The girls will all take a drink and have fun at the same time.

Heat Exhaustion usually causes complaints of headache, upset stomach, sweating, and cool moist skin. Move to a cool place and sip cool water.

Heat Stroke shows a high body temperature and red, dry skin. Breathing may be shallow and rapid. This serious emergency requires immediate medical attention.

Hypothermia is a cool-weather problem and may become serious if not treated early. Shivering, numbness, listlessness, decreasing pulse and breathing rate are all signs of hypothermia. Be aware that hypothermia may occur even when the temperature is in the 50s or 60s, especially if the person is wet or the day is windy. Remove wet clothing and warm the body slowly.

Some Desert Critters



The notorious **Gila monster** (*Heloderma suspectum*) is one of only two known species of venomous lizards in the entire world. The Gila (pronounced hee'la) is the largest lizard in North America, sometimes measuring up to and slightly over twenty-four inches in length, and weighing up to a whopping five pounds at maturity.

These animals are highly dangerous to humans, and are found in **Tucson, Oro Valley, Marana, Sabino Canyon, and the Sonora desert areas** around them. Close contact with these animals should be avoided.

Unlike venomous snakes, the Monster's venom glands are located in its lower jaw, and its teeth are grooved - not hollow. The **venom** is secreted into the animal's mouth through a number of ducts that are located between its teeth and lips. Most of the Gila monster's teeth come equipped with two small grooves that conduct the venom deeper into the wound created on a bite victim. The venom is a nerve toxin. The toxin is not injected, as it is when delivered to a victim by a

snake, but rather only flows freely into the wound as the lizard continues to gnaw and chew on its victim. This method of delivery greatly reduces the amount of venom introduced into the victim. While the bite-delivered toxin can certainly overpower the Gila monster's enemies and prey, it is very rarely fatal to humans, even though it is about as potent as that of the western diamondback rattlesnake. It is, however, quite painful and has other negative and undesirable effects.

To treat a bite victim, stop the bleeding and if possible, flush the wound with plenty of fresh, clean water. Treat them for shock. **SEEK QUALIFIED MEDICAL ASSISTANCE IMMEDIATELY.** For further information, or in time of need, you can contact the Arizona Poison Control and Drug Information Center by calling 1-800-362-0101 or 1-800-222-1222.



Bark scorpions, like all scorpions, are eight legged. Bark scorpions are venomous invertebrate insects – in other words, they are from the same family as spiders, and they are toxic. They are small, light brown scorpions common to the southwestern United States and Baja and Sonora New Mexico. They can reach a length of 2 - 3 inches long with a very thin tail. The stinger is located in the tail. The sting is venomous and can be lethal, especially to small children. The bark scorpion is unusual since it is the only species of scorpion that regularly climbs walls, trees and other objects with a rough climbing surface. It cannot climb smooth plastic or glass.

The sting of a Bark Scorpion can be very painful, producing swelling at the site of the sting, numbness, difficulty breathing, frothing at the mouth, respiratory paralysis, muscle twitching, convulsions, and in extreme cases it may cause loss of use of the affected limb or death. The young and the elderly are at extreme risk from the bite of the Bark Scorpion. For the rest of us, medical attention is still in order. The sting victim should stay calm and relaxed and not consume alcohol or other sedatives. Apply pressure and ice packs to the sting site. If possible, capture the scorpion for identification. And once again, seek medical attention. Death is rare because stings are uncommon and antivenin is effective.

To prevent Bark Scorpion stings, do not leave your shoes, boots, clothes or wet towels outside. Shake towels around swimming pools and shake your shoes and clothes before putting them on. This hint will work with most insects, even the dangerous ones like the Brown Recluse spider: simply shake your upside-down shoes before you wear them. And for those that aren't dangerous, there's no need to have a squished bug in your shoe all day. Wear gloves and shoes when working outside.



Africanized Bees

First and foremost, stay away from bee colonies. It is estimated that in Arizona there are about 250,000 wild bee colonies. They nest in a wide variety of locations, so be alert for groups of flying bees entering or leaving an opening. Listen for buzzing sounds. Be especially alert when climbing because bees will often nest under rocks or within crevices.

If you find a colony, don't try to destroy it by yourself or with your friends. Don't try breaking it or throwing rocks at it or burning it. If it is in an area frequented by people or livestock, notify authorities immediately.

Wear appropriate clothing when hiking, this means light colored clothing. Avoid leather. Bees target their natural predators (bears, skunks), so they tend to go after dark objects. Keep in mind that bees see the color red as if it were black. So, if you're out hunting wear fluorescent orange. Avoid scents of any sort, especially if it makes you smell like a skunk, but bees also like the sweet flowery scent of shampoos and perfumes. Bees communicate using scents. If riding, leave the lemony or citrus flavored products off your horse.



The Black Widow is actually not an insect, but rather a true arachnid (spider), and an extremely poisonous one at that. A bite from one of these spiders can be fatal if left untreated. The bites are particularly dangerous to the very young, the old, and the ill.

Sometimes the victims of these spiders are not even aware of what happened. They simply fall prey to the symptoms such as a pinprick, then pain throughout the body, stomach cramping (with or without vomiting), and an increase in blood pressure, sometimes accompanied by a ringing in the ears. If bitten, immediately and thoroughly wash the spot (it will usually have the appearance of a reddish bull's-eye) with soapy water, then ice it down. Now, immediately, go and get medical attention. If you are woozy, then get someone to drive you, or call for an ambulance. If you are having trouble breathing, medical care becomes even more critical, and time matters a lot – so hurry!

Black Widows seldom make their homes inside houses, preferring dark areas with little traffic, such as woodpiles and the undersides of flowerpots kept outside. They prey on pests such as crickets, flies, moths, small reptiles and roaches, and only attack in defense. Their normal habitat is a hot climate, and they can be found in almost any dark, warm place throughout the world, especially in the low deserts like Tucson.

The female Black Widow uses her silk to make messy-looking, tangled webs – not the symmetrical webs we're accustomed to seeing. Interestingly, Black Widows hang upside-down in their unruly webs at night.

Caution is your best defense against the Black Widow spider. The following hints are good methods to protect yourself and your family from Black Widow spiders, the extremely dangerous Brown Recluse and scorpions, which are also members of the spider family, which is why they have eight legs:

Do not pick up objects such as a rock or a flowerpot without checking underneath it first. If you're in an area known to host Black Widows, develop the habit of shaking out clothes, socks, and shoes before putting them on. Wearing long sleeves and gloves if you need to move around in suspicious areas such as woodpiles is also an excellent idea. Get rid of trash and rubbish such as old cardboard boxes and stacks of old newspaper.

Especially when hiking in the low desert, be alert and aware. They love the desert as much as you do!



About 45,000 people are bitten by snakes every year in the United States. Of those, 7,000 involve poisonous snakes, and of those treated, only about 15 die. More than half of the poisonous snakebites involve children, and most occur between April and October. Of the poisonous bites in the United States, 55 percent are from rattlesnakes, 34 percent from copperheads, 10 percent from water moccasins, and one percent from coral snakes. Rattlesnake bites account for 70 percent of the fatalities and between 95 and 98 percent of the bites occur on extremities.

There are 11 species of rattlesnakes identified in Arizona. A pit viper snake has a heat sensing "pit" located between the nostril and eye on each side that is used to locate and trail prey. Rattlesnakes can grow up to six feet in length. Baby rattlesnakes are capable of a venomous bite from birth. Nonpoisonous snakebites are not considered serious and are generally treated as minor wounds; only poisonous snakebites are considered medical emergencies.

Symptoms generally occur immediately, but only about one third of all bites manifest symptoms. When no symptoms occur, probably no venom was injected into the victim. In 50 percent of coral snake bites, no venom is injected because the coral snake has to chew the skin for envenomation to occur. In as many as 25 percent of all venomous pit viper bites, no venom is injected, possibly because the fangs may be injured, the venom sacs may be empty at the time of the bite, or the snake may not use the fangs when it strikes. Poisonous snakebite venom contains some of the most complex toxins known; venoms can affect the central nervous system, brain, heart, kidneys, and blood.

The priorities of emergency care for snakebite are to maintain basic life support - airway, breathing and circulation - and limit the spread of the venom and to transport the patient without delay.

1. Move the patient away from the snake to prevent repeated bites or bites to yourself. Snakes cannot sustain prolonged rapid movement so are often within a 20 foot radius of where the bite first occurred.
2. Have the patient lie down and keep him quiet. Reassure him to slow the metabolism and subsequent spread of the venom.
3. Cut and suck methods are useless. According to one study, the most you can get is six percent of the venom. Many people do far more damage when they cut than they do good.
4. Keep the bitten extremity at the level of the heart.
5. Remove any rings, bracelets or other jewelry that could impede circulation if swelling occurs.

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6. Clean the wound gently with alcohol, soap and water, hydrogen peroxide or other mild antiseptic.
7. Do not cool or chill or apply ice.
8. Do not attempt to tie any type of tourniquet or constricting bands.
9. Transport the patient as soon as possible to the hospital. Signs and symptoms of a coral snake bite are different than those of a pit viper. Rather than leaving two distinct fang marks, the coral snake leaves one or more tiny scratch marks in the area of the bite. There is little pain or swelling and the patient's tissue usually does not turn black and blue. Usually, there is no pain or swelling at the bite site. However, one to eight hours after the bite, the patient will experience blurred vision, drooping eyelids, slurred speech, increased salivation and sweating. Emergency care for a coral snake bite is similar to that for a pit viper snake bite.

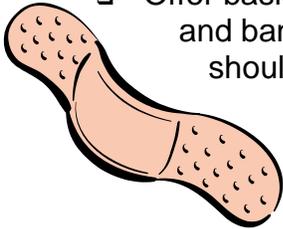
Administering medicines

- ❑ First Aiders should be aware of allergies in the group.
- ❑ The First Aider keeps and administers all over-the-counter and prescription medications (except medicines such as asthma inhalers which might be needed quickly).
- ❑ First Aiders know to give children ONLY medicines approved in writing by their parents/guardians.
- ❑ It is important to keep a written record of any medicine given, the time, and the reason it was given. A small notebook in your first aid kit will be handy for this record.

Girl Activities

Do these activities before taking girls camping. You'll find information to help you with the activities in Outdoor Education in Girl Scouting, chapter 5, and *Safety Wise*, chapters 4, 7 and 8.

- ❑ Have a "Wild Safety" day for the troop. Visit a park and learn to identify poison ivy. Discuss what to do if you find a tick on you, and what to watch for after a tick bite. Learn to identify poisonous snakes from pictures or a nature center display. Practice what to do if you meet a black bear (look big and aggressive!) snake, or other animal on the trail.
- ❑ Offer basic first aid training to your girls. Even Brownies can learn to wash and bandage a scrape and when to call for help. Juniors and older should also learn to recognize and care for sprains, hypothermia, heat exhaustion, and dehydration.
- ❑ Review with the girls how to recognize and treat heat exhaustion, heat stroke, sunburn, hypothermia, and frostbite (*Safety Wise* pages 35, 36). Then divide into teams. Describe a set of symptoms and give teams 3 minutes to identify the problem and decide how to treat it.



Chapter 3

Water Purification

Most places that you will go for outdoor day activities or overnight camping will have drinkable water available from a faucet. However, as part of your Planning Ahead, check with the rangers or land managers for the site to ensure that water approved by the Health Department is available.

Purifying water removes bacteria, viruses, giardia, and cryptosporidium that may cause illness. Consider all surface water (streams, lakes, springs, etc.) suspect and don't drink it unless it is treated.

Giardia lamblia is the protozoa present in many streams. It causes giardiasis. Symptoms include the most common manifestations of giardiasis are diarrhea and abdominal pain, particularly cramping. Other common

manifestations include bloating, nausea with or without vomiting, malaise, and fatigue. Fever is unusual. Symptoms and signs of giardiasis do not begin for at least seven days following infection, but can occur as long as three or more weeks later. In most patients the illness is self-limiting and lasts 2-4 weeks. Consult a doctor for the proper drugs to cure giardiasis.

Cryptosporidium is another disease causing parasite. The most common symptom of cryptosporidiosis is watery diarrhea. Other symptoms include dehydration, weight loss, stomach cramps or pain, fever, nausea, and vomiting. Symptoms appear 2-10 days after infection. While the disease is usually self-limiting, once again, a doctor should be consulted if these symptoms appear after drinking untreated water.

How to Purify Water

If the water at the site needs to be purified before drinking, *Safety-Wise* approves these methods:

- Boiling
- Filtering
- Chemical Treatment



Boiling

Bring the water to a **full rolling** boil (not just bubbles on the bottom of the pan).

Advantages: all bacteria and viruses are killed.

Disadvantages: requires a stove, fuel, time. Resulting water is hot, which is not very refreshing in the summer. Doesn't remove sediment from water.

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Filtering:



Use a commercially available water filter (e.g., MicroPur, Katadyn) to filter water.

Advantages: depending on filter used, all viruses and bacteria as small as 5 microns are removed from water. Water is cold. Water is immediately available after pumping.

Disadvantages: slow for a large group. Filters are expensive and can break if not handled carefully. Sediment can clog filter.

Chemical Treatment

Use a commercially available chemical such as tincture of iodine, tetraglycine hydroperiodide tablets (for example, Globaline®, Potable-Aqua®, or Coghlan's®), or chlorine dioxide (McNett Aquamira) to kill bacteria and viruses. These tablets are available from pharmacies and sporting goods stores

Advantages: Cheap for iodine, moderate price for chlorine dioxide.

Disadvantages: Unless neutralizer is also used, water tastes like iodine. Aquamira can be expensive for a large group. Purification can take between 30 minutes and 4 hours for full effectiveness. Sediment is not removed. Some people are allergic to iodine.

Girl Activities

Try out the different methods of water purification.

1. Boil some water and taste it while still warm. How does the water taste? How refreshing would it be on a warm day?
2. Treat water with iodine. Taste the water after treatment. How does it taste? Add some lemonade or koolaid to the water and taste again. Is there an improvement? (Iodine can be bought at sporting goods stores and some drug stores.)
3. If possible, borrow a water filter from a friend or rent one from sporting goods store. Filter water and taste it. How hard it is to filter? How long does it take to filter a cup full? How does it taste?

Ask the girls to plan a day hike, with an emergency back-up in case they run out of water. Which method will they choose and what equipment will they need to carry with them?

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Chapter 4

SECURITY AND RISK MANAGEMENT

More and more in today's world, leaders need to consider not only how to keep the girls safe from accidents but also safe from other people. Consider the items below to help ensure a safe trip.

- ❑ Girls should always use the buddy system (stay with a buddy at all times).
- ❑ Train the girls on how to react to a stranger in the campsite.
- ❑ Plan for proper adult supervision. Remember the girl/adult ratio when you leave your meeting place, You need more adults along. (See *Safety-Wise* page 69)
- ❑ Train the extra adults! You let the girls know what is expected of them; do the

- same with the adults!
- ❑ If you are at a public park or campsite, check with the supervisor or local law enforcement on the security history of the campsite. Would they camp there with young girls?
 - ❑ Before you go, inform law enforcement officials of where you plan to camp. Ask if they can increase patrols in the area.
 - ❑ If at all possible, visit the site before you go with girls. Look for:
 - ❑ fencing or other perimeter security
 - ❑ location of telephone and site manager's office
 - ❑ available lighting
 - ❑ distance from tent sites to toilet facilities
 - ❑ whether tents can be pitched within sight of each other
 - ❑ closeness of tent sites to roads or other boundaries
 - ❑ nearby parking so that you can safely store your equipment in your car
 - ❑ what other groups will use the campground when you are there
 - ❑ other public buildings nearby, and do they make you more or less comfortable with the site? (for example, would you feel safer knowing the sheriff's office or a bar was ¼ mile away?)
 - ❑ availability of cell phone coverage at this site?
 - ❑ Firearms are a danger to the girls. If you feel you need firearms for protection at the site, choose another site. *Safety-Wise* requires firearms be left at home.
 - ❑ Leave pets at home. You'll want to focus on your Girl Scouts. Imagine how

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torn you'd be if something happened to your pet, but your responsibility was to your girls first.

- ❑ Develop an alarm system to signal your girls in an emergency.
- ❑ Design a plan to evacuate the girls if an emergency arises (flooding, for example). Do you have enough cars? If not, how will you quickly arrange transportation?
- ❑ If males accompany the group, they will need separate sleeping and toilet facilities.



Girl Activities

Do these activities before taking girls camping. You'll find information to help you with the activities in *Outdoor Education in Girl Scouting*, page 80, and *Safety Wise*, pages 81-93.

- Use impromptu skits to discuss and practice ways to stay safe:
 - staying with a buddy (the buddy system)
 - what to do if there's a stranger in camp
 - what is okay to tell a stranger
 - staying with the group
 - what to do if you get separated from the group
 - how to help yourself be "found"
- Develop an alarm system. An example is to give each girl a whistle to wear around her neck. (I know, you're rolling your eyes at the imagined racket! You might designate two full minutes for the girls to blow the whistles as soon as they get them. You know they want to, so roll with it!) Set up an emergency signal plan. For instance, two blasts from the leader may mean "it is time to gather together," while three blasts from anyone means "Emergency! Everyone come to the whistle!" Practice this a few times at your meeting, timing the girl's response time and rewarding them when they arrive promptly!



Chapter 5

EMERGENCY PREPARATION FOR OUTDOOR EVENTS AND CAMPING TRIPS

Prepare for an emergency before you leave home by:

- Taking troop camp training and invite parent helpers to attend, too.
- Remembering your First Aider. For long hikes, backpacking, or long camping trips, an advanced First Aider will be needed.
- Taking Extended Troop Trip training if your trip is more than two (2) nights.
- Joining the fun of Backpacking Training if offered to learn the ins and outs of taking girls on a bigger adventure.
- Getting council permission.



Create travel packets for drivers and troop emergency contact person. Packets should contain:

Contact Information:

- ❑ names, addresses, and emergency contact of everyone on the trip
- ❑ Girl Scout council emergency contact number
- ❑ telephone number for the supervisor of the campground/park
- ❑ telephone numbers for emergency care at your travel location (sheriff/police, ambulance)
- ❑ 2 troop emergency contact persons' numbers (these people are available to call all the parents for you to let them know, for example, that you're going to be late getting home)

Medical/Health Information:

- ❑ parent permission forms
- ❑ health forms for everyone on the trip
- ❑ special information (or training) you need for dealing with girls' and accompanying parents' health issues (asthma, diabetes, seizures, medications, or other)
- ❑ first aid kit

Travel Information:

- ❑ map of the site
- ❑ a map or directions of your travel route to and from the site
- ❑ directions from your site to the nearest hospital/urgent care office
- ❑ an approximate timetable
- ❑ vehicle identification of the vehicles staying with the group

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Each car transporting girls should carry the travel information listed above along with health information on the people traveling in the car.

Girl Activities

Do these activities before taking girls camping. You'll find information to help you with the activities in Outdoor Education in Girl Scouting, chapter 5, and *Safety Wise*, chapter 4.

- ❑ Plan and practice what to do in case of weather emergencies and natural disasters (like wildfire or flooding).

For instance, practice a "lightning drill" in case you are caught in a storm while on the trail. Spread the girls out about 10' from each other. Have them squat down into a ball. If they have a sit-upon or day pack, use it for insulation between feet and the ground. Talk about ways the group can stay calm while sitting out a storm in this position. Maybe they have favorite songs to sing?

- ❑ In a nearby park practice emergency drills. Discuss what to do when lost,



and create a search plan. Then make a game of finding a “lost camper.” Practice a fire drill. Choose a safe gathering spot in case of wildfire and surprise the girls with a fire drill during the day. Later, when you reach your campsite, locate safe gathering places and hold an emergency drill.

- Play the Ten Essentials Game. Write the following items on index cards and give them to the girls. Ask the group to choose 10 items every girl should carry in her pack when hiking. (Might the list change with weather?)



Map, Compass, Flashlight/headlamp, Extra food, Extra clothing, Rain gear, First aid supplies, Pocket knife, Matches, Candle, Space blanket, Sunglasses, Toilet paper, Extra socks, Hat, Duct tape, Insect repellent, Water purifier, Trash bag, Telephone numbers to call in an emergency, Medications, Mirror, Sunscreen.

Chapter 6

USING EXTRA ADULTS

Designated trained adults should supervise the girls while at camp. At least one of these must be an adult female not related to the other adults.

There may be trips when fathers or male leaders are part of the group. It is not appropriate for males to sleep in the same space with girl members. They may participate only if separate sleeping quarters and bathrooms are available for their use.

All adults going on an outdoor activity or campout should be involved in the planning and be informed of their roles. Use your extra adults. Put them in charge of a group to supervise. Make sure they know Girl Scout camping procedures. Meet with all adults involved prior to the outing to inform them of rules and expectations.

A list of things adults should know includes:

- Rules on tobacco, alcohol, drugs, and behavior
- The event schedule; activities planned
- Specific responsibilities of adults
- Safety rules and the procedures for handling emergencies
- Transportation safety policies
- How she/he should relate to her/his own child
- What to bring - - what not to bring

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Chapter 7

COUNCIL POLICIES, PROCEDURES, PAPERWORK

Council Policies

- A trained Troop Camper must accompany any troop on an overnight or weekend camping trip. If the overnight is in a self-contained lodge facility having bathrooms and kitchen facilities, and no outdoor skills are needed (i.e. outdoor cooking, fire building), only Camping Safety, Module 1 and Outdoor Adventure Bound, Module 2 are required.
- A First Aider accompanies your troop on any event away from your regular meeting place.
- Smoking is allowed only in designated areas and only out of sight of the girls. Dispose of cigarette butts appropriately.
- The use of alcohol is prohibited at Girl Scout events where girls are present and on all council property.



- Purchase extra insurance for high adventure activities or trips more than two nights. The cost is minimal. Call the Resource Center at least a month before your camping trip for details.
- *Safety-Wise* requires: for events, trips and group camping, a **minimum** of two adults to every:
 - 5 Daisy Girl Scouts
 - 12 Brownie Girl Scouts
 - 16 Junior Girl Scouts
 - 20 Cadette Girl Scouts
 - 24 Senior Girl Scouts
- ◆ Daisy Girl Scouts can take an occasional local field trip or overnight family camping trip with appropriately trained adults.
- ◆ Brownie Girl Scouts are permitted to go on day trips and camping with appropriately trained adults.
- ◆ Junior Girl Scouts are permitted to go on overnight camping trips of two or more days with appropriately trained adults.
- ◆ Cadette Girl Scouts are permitted to go on overnight camping trips of two or more days with appropriately trained adults.
- ◆ Senior and Ambassador Girl Scouts are permitted to go on overnight and overseas trips of two or more days with appropriately trained adults.

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PROPER FORMS FOR APPROVAL

- Council forms are available on the website: www.sahuarogsc.org
- **Parent/Guardian Permission Form** must be filled out and signed prior to going on any away from your regular meeting place.
- **Girl and Adult Health History Record** must be completed and appropriate copies made prior to event.
- **Short trip application** must be submitted to Council for any overnight less than 2 nights and/or less than 200 miles away from home location.
- **Extended trip application** must be submitted to Council for any trips more than 2 nights and/or more than 200 miles away from home location.
- **Sensitive Issues permission** slip is for any high risk activity such as rock climbing, etc



ADDITIONAL CHECKPOINTS

- Your trip meets appropriate Program Standards.
- All emergency procedures are discussed prior to taking trip. (*Safety-Wise*, pages 31-32).
- Phone contacts are set up to contact parent/guardian if necessary.
- Ensure all adults have Emergency Procedure Card from the council to carry with all your paperwork for your event.
- It is recommended that you not bring tag-alongs (unregistered children) on Girl Scout events. If they must participate extra insurance should be purchased.

The following forms are attached. Feel free to make copies. You may also download them from the council website, www.sahuarogsc.org

- Parent /Guardian Permission Form
- Girl and Adult Health History Record
- Short trip application
- Sensitive issues permission slip

CAMPING SAFETY REVIEW QUESTIONS

Answer the following questions on the attached answer sheet. Forward the answer sheet to the Resource Center for grading and crediting you with course completion.

Why Camp?

1. Camping has been an important part of the Girl Scout experience since the beginning of the organization.
2. Girl Scout camping today is much like it was when Juliette Low founded the organization.
3. Camping helps girls grow in which of the following areas?
 - A. Living the Girl Scout Promise
 - B. Developing self-potential
 - C. Relating to others
 - D. Living by the Girl Scout Law
 - E. Contributing to society
 - F. Developing values
 - G. All of the above

Safety-Wise

4. The First Aider keeps girls' medications and records any treatment given.
5. Hypothermia is only a problem when the temperatures are around freezing.
6. In our mountains, a poisonous snake will have a triangle-shaped head.
7. It is okay for girls to give each other medicines such as aspirin or Tylenol.
8. If a girl is bitten by a tick on a weekend camping trip the leader should inform the parents so that they can watch for flu-like symptoms in 10-14 days.

Water Purification

9. On Girl Scout outings, treat any water that hasn't been approved by the health department.
 - A. True
 - B. False

10. Acceptable methods of treating water are:
 - A. Boiling
 - B. Filtering
 - C. Adding iodine pills
 - D. Adding vinegar
 - E. A, B and C

11. When treating water by boiling, how long should you boil the water?
 - A. Bring to a full rolling boil
 - B. Five minutes
 - C. Ten minutes

Security and Risk Management

12. Men are not allowed on Girl Scout camping events.
13. The same girl/adult ratio applies to camping as to troop meetings.
14. Assess the safety issues of a site before you take girls there.
15. The "buddy system" means always telling a buddy where you're going.
16. Firearms are not allowed on GS camping trips.

Emergency Procedures

17. A troop emergency contact person is important only if you don't have all the parents' telephone numbers.
18. The Girl Scout Council Emergency Contact card should be included in your travel packet.
19. Each girl's health information should be in the car she travels in because if the car is in an accident the driver will have the medical information at her fingertips.
20. Advanced First Aid is needed for campouts in your backyard.
21. Additional training is required if your trip is more than two (2) nights.

22. The time to prepare for emergencies is before your trip.
23. By having a cell phone with you, you won't need to get directions to the nearest hospital before your trip.

Extra Adults

24. Mrs. B and Mrs. R are responsible for a group of six girls. They escorted the girls to a craft workshop at jamboree but then wandered off to the telephone. When the workshop was finished, they were nowhere around. A way to prevent this situation from happening is:
- A. Inform your extra adult of her/his responsibilities prior to the trip
 - B. Make sure the extra adults have a cell phone
 - C. Any of the above
25. The girls developed a very thorough list of items to bring to camp. You wake up at camp to a downpour. Mr. J has no raingear. A way to prevent this situation from happening is:
- A. Give all adults a packing list
 - B. Include all adults who are accompanying the troop in the planning meetings
 - C. Make him raingear out of a garbage bag
 - D. Answers A & B
26. You are ready to head home from your camping trip. Everyone is ready for tent-site inspection. When you get to the adults' tent site, you find cigarette butts all over the ground. A way to try to prevent this situation is to inform all your adults of rules and expectations before the trip.
27. You and half of the girls are at the pool. The other half of the troop is with Mrs. T, gathering firewood. Elsa is stung by a bee and Mrs. T doesn't know what to do. Prevent this situation by:
- A. Making sure all adults coming know safety rules and the procedures for handling emergencies
 - B. Making sure all adults coming have a basic knowledge of first aid, are familiar with the first aid kit, and know where the health histories and first aid kit are located
 - C. Having First Aiders supervise the activities with the highest risk of injury and establish a way to contact a First Aider when needed.
 - D. All of the above
28. Now that Mary's mother is along on the campout, Mary has suddenly become totally helpless. Her mother spends all her time tying Mary's shoes, washing Mary's dishes, making Mary's bed. A way to prevent this situation is to assign adults to a group of girls that does not include their own daughters.

Policies, Procedures, and Paperwork

29. I need council approval for any camping trip.
30. Each time I go on a trip, I must check *Safety-Wise* and have taken the proper training required.
31. Camp Whispering Pines cannot be reserved by individual troops or Service Units.
32. I will be able to find the forms I need for camping approval from the Council Website at: www.sahuarogsc.org
33. A trained leader is the only adult needed on a Girl Scout camping trip.
34. After the girls are in bed, the adults may relax with a beer or wine.

CAMPING SAFETY, Module 1

ANSWER SHEET

Name: _____ Service Unit: _____

Address: _____ Phone: _____

_____ E-mail: _____

Why Camp?

1. True False
2. True False
3. A B C D E F G

Safety-Wise

4. True False
5. True False
6. True False
7. True False
8. True False

Water Purification

9. True False
10. A B C D E
11. A B C

Security and Risk Management

12. True False
13. True False
14. True False
15. True False
16. True False

Emergency Procedures

17. True False
18. True False
19. True False
20. True False
21. True False
22. True False
23. True False

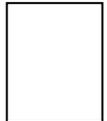
Extra Adults

24. A B C
25. A B C D
26. True False
27. A B C D
28. True False

Policies, Procedures, Paperwork

29. True False
30. True False
31. True False
32. True False
33. True False
34. True False

Comments:



Director of Customer Experience
Sahuaro Girl Scout Council
4300 E. Broadway Blvd.
Tucson, AZ 85711
