




girl scouts
of black diamond

Camp Rocky Ledges - Milton, WV



OWLS 2020

Outdoor Weekend Learning Spectacular

May 15-17, 2020



What is 'OWLS WEEKEND'?



Join up with other adults and CITs (teen mentors for the Camp Pathway) at the O.W.L.S. training weekend! It's a great opportunity to have fun, while experiencing outdoor enrichment workshops, networking with fellow volunteers and completing training sessions required for doing certain outdoor activities with girls. This outdoor immersion experience is designed for both new and seasoned volunteers. It is an opportunity to learn and practice the various outdoor skills to work with girls, while living the experience yourself! Experienced outdoor trainers will provide a supportive atmosphere for you to try something new, try something more advanced and ask those burning questions about planning and running a troop outing or camp experience for Girl Scouts.

Whether you want to be able to teach outdoor skills to girls while camping or to simply introduce them to outdoor activities, you can acquire the skills you need at Outdoor Weekend Learning Spectacular (OWLS). Day camp committee programmers and other event planners would also greatly benefit from this weekend training experience in order to get several activity specialist certifications all in one place. Select your favorite activities from our trainers' diverse lineup of workshops. Come for a weekend getaway, or just come for a day to bone up on outdoor skills, make new friends and rejuvenate!

When:

May 15, 16 and 17, 2020
5 p.m. Friday to 5 p.m. Sunday

Where:

Camp Rocky Ledges,
Milton, WV

Pricing Information:

\$48 for the weekend, plus the cost of any specialty courses you wish to take.

CPR/First Aid - \$38

Camping Out - \$30

Hiking - \$5

Canoeing - \$30

Basic Water Safety - \$20

Basic Fishing - \$30

Please register at
<http://bit.ly/GSBDOWLS>
by April 20, 2020.

To register via mail, complete and mail the registration form in the back of this booklet to:

Girl Scouts of Black Diamond Council, 321
Virginia Street West, Charleston, WV 25302 .

You also, may fax the form in to 304-345-
6427, or scan/email it to
customercare@bdgsc.org



Activities

Adult and Pediatric First Aid, CPR and AED - BLENDED SESSION

Join us for a fun, educational First Aid/CPR training provided by a certified American Red Cross facilitator. The training provides certification in both First Aid and Adult/Child/Infant CPR. To be able to take your troop/group away from the normal meeting place, someone in the troop must be certified in First Aid/CPR. This is a blended course, and you will need to complete approximately three hours of online training before attending the in-person training. You will receive an email with the link to the trainings approximately two weeks before the event.

Advanced Outdoor Cooking

Are you interested in learning some new outdoor recipes to use with your girls, service unit or other volunteers? Learn a variety of techniques that will delight your palate. This workshop will provide innovative and budget-friendly recipes to add spice to your outdoor cooking. Prepare simple to elaborate recipes and then eat the results!

Archery for Troop Volunteers

This course is a specialized training for the Basic Archery Certification. Learn the basics of archery, how to instruct students and find out about the Safety Activity Checkpoints related to this sport. Participant's skills will be evaluated as to whether they are ready to instruct youth in archery after taking this course.

Basic Fishing & Basic Water Safety

Earn American Red Cross Basic Water Safety certification, and then learn the basics of fishing in our area. We will cover preparing to take your girls fishing, including baiting hooks and removing fish safely after being caught. Additionally, we will discuss local laws, as well as fish identification and much more. There will be two videos that need to be viewed prior to taking this course. They will be sent out to you two weeks prior. Please note that Basic Water Safety requires you to be in the water at Beech Fork Lake to learn and practice life saving techniques in the water. There are bath houses on site of training. Please plan on bringing extra clothing and towels. You will need to provide transportation to the site; the class normally carpools with a few vehicles.



Activities

Basic Outdoor Skills

This is an introduction course for volunteers who may not be used to being in the outdoors with their girls. We will go over pieces of the Camping Out training and the Eight Essential Skills in this condensed course to provide an overview of what planning and carrying out camping and other outdoor activities with Girl Scouts involves. There is a heavy focus on intentional long-term planning and following progression of outdoor skills.

Basic Water Safety

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Learn and practice lifesaving skills in or around the water during this course. There will be two videos that need to be viewed prior to taking this course. They will be sent out to you two weeks prior. Please note that Basic Water Safety requires you to be in the water at Beech Fork Lake to learn and practice life saving techniques in the water. There are bath houses on site of training. Please plan on bringing extra clothing and towels. You will need to provide transportation to the site; the class normally carpools with a few vehicles.

Bucket List Programming

Be prepared for unexpected glitches in your outdoor program schedule where things just don't go as planned. This could be due to any number of things, such as weather conditions, presenters running late, participants getting activities done early or loss of interest in planned activities. You'll receive lots of ideas on how to handle such a time!

Camp Ceremonies

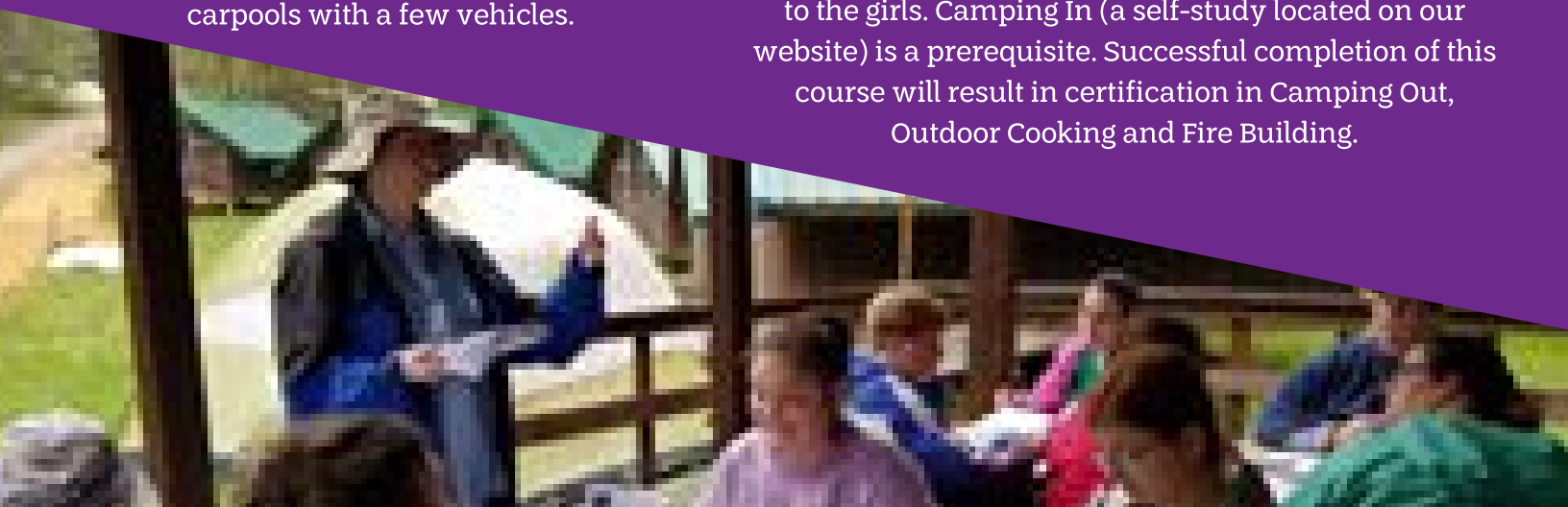
Participants will learn all about planning ceremonies in an outdoor setting. Opening, closing, and flag ceremonies are important traditions to include in any camp program. You will also learn about conducting a "Scout's Own" ceremony to honor what is important to the girls.

Camp Planning 101

Learn the tricks and tools of planning to create a successful camp. Get helpful hints on camp traditions, marketing needs and behind-the-scenes management techniques.

Camping Out

Do you want to take girls camping in the great outdoors? This course gives you the knowledge and skills to camp in a tent, cook meals over an open fire and practice Leave No Trace camping techniques. You will learn to appreciate the outdoors and pass the love of nature on to the girls. Camping In (a self-study located on our website) is a prerequisite. Successful completion of this course will result in certification in Camping Out, Outdoor Cooking and Fire Building.



Activities

Canoeing & Basic Water Safety

Demonstrate your basic canoeing abilities and pick up some tips on working with children during this activity. Also, learn about the Safety Activity Checkpoints related to this aquatic sport. Participant's skills will be evaluated as to whether they are ready to take youth groups out canoeing after taking this course. This course will be offered partially at Camp Rocky Ledges and off-site at Beech Fork State Park. Note: Two weeks prior to the event, you will receive an email with a link to required Red Cross online videos prior to taking the in-person portion of this course. Please note that Basic Water Safety requires you to be in the water to practice tipping/re-entry and rescue at Beech Fork Lake to learn and practice life saving techniques in the water. There are bath houses on site of training. Please plan on bringing extra clothing and towels. You will need to provide transportation to the site; the class usually carpools with a few vehicles.

Fire Building and Basic Cooking

Enjoy everything, from making a box oven to cooking bacon and eggs in a paper bag! Learn some novel ways of cooking that are cool and fun for all ages! This is a certification course. NOTE: This course is included in Camping Out, so if you are taking that course, you do not need this course.

First Aid in the Girl Scout Troop

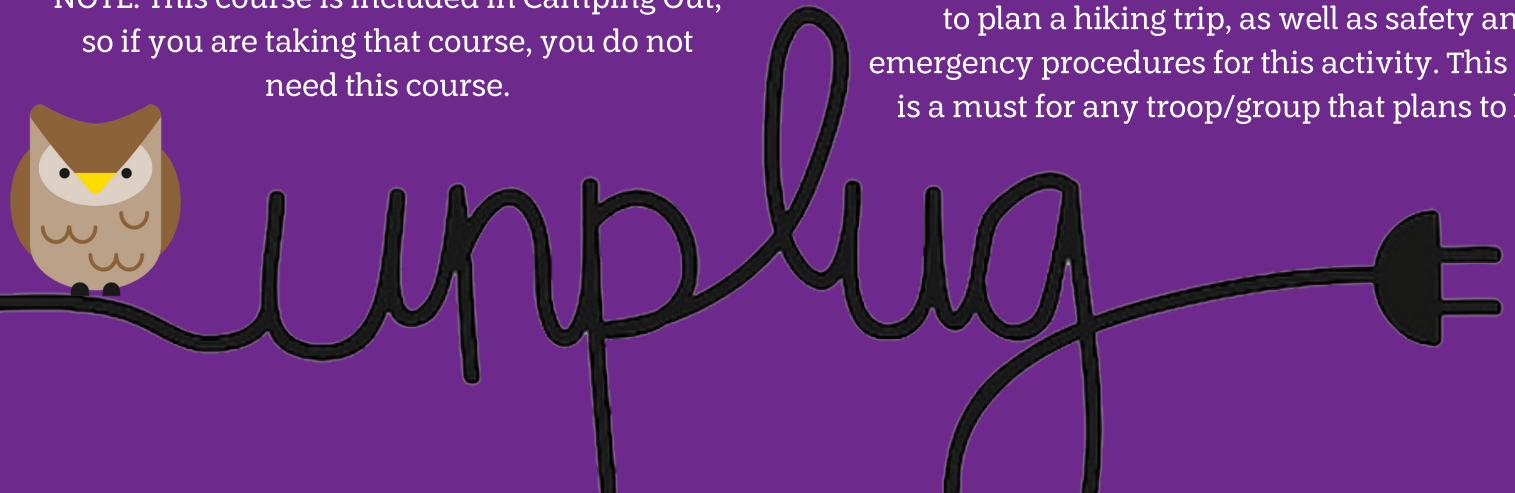
Girl and Volunteer safety is the most important thing when you are at a Girl Scout meeting. In this course, we will find out at who a Girl Scout Troop First Aider is and how they can provide girl and volunteer safety. We will consider how the Safety Activity Check Points help keep our girls safe. You will also learn what is in a troop first aid kit and how your troop can get a fully stocked first aid kit (possibly for free). Role play common first aid scenarios and the Council Crisis Action Plan. We will also look at Red Cross First Aid apps and resources available to you. This is not a certification course, but it will prepare you to keep your eyes open to potential dangers and help you prepare for emergencies.

GS Survival 101

A survival situation can happen to anyone at any time, from a novice to an experienced outdoors person. This workshop will discuss common survival stresses, symptoms of panic and taming your emotions, common survival situations, improvisation as the key to survival, basic skills and much more.

Hiking

Learn the basics of taking your group hiking. Find out what type of gear you will need and how to plan a hiking trip, as well as safety and emergency procedures for this activity. This course is a must for any troop/group that plans to hike.



Activities

Intro to Backpacking

Learn the basics of preparing for a backpacking trip. Equipment needs, how to choose a campsite, appropriate food and how to prepare it, Leave No Trace principles and more will be discussed in the classroom portion of the training. Participants will then choose a date/location to go on an overnight backpacking trip for additional training and practical experience. Note: Camping Out Activity Specialist Certification is a pre-requisite for this course; a follow up course involving a backpacking overnight adventure that is to be announced would be required before being allowed to take girls on an overnight backpack adventure. We also will have a separate night session for Volunteers only.

Orienteering

Orienteering is an activity that involves using a map, compass, and navigational skills to find your way around or across an unfamiliar area.

It may also incorporate camping, backpacking, hiking, cross-country skiing or horseback-riding skills.

Safety Activity Checkpoints

Learn about the Safety Activity Checkpoints and how they govern the activities that are and are not allowed in Girl Scouts. Bring with you experiences with your troop and we will share events and activities that align with the SAC. We will talk about how you can implement the SAC as a standard to help keep your troop safe and in line with GSUSA requirements.

STEM in the Outdoors

There are many ways to tie in the National Program Portfolio through your program activities. The trainers will introduce you to resources, such as the Volunteer Toolkit and the online Badge Explorer, that will help you incorporate the digital world in your troop's exploration of the natural world. You will learn to add a STEM (Science, Technology, Engineering and Math) "wow factor" to outdoor experiences and how to tie into local community resources to enhance them. Explore the new Citizen Scientist Journeys and STEM related badges in depth. Think about other ways to enjoy STEM in the outdoors. The possibilities are endless.

Train the Trainer

Are you excited about Girl Scouts? Are you excited about the outdoors? Can you explain things well and communicate effectively? If so, we need you to join us for this training to learn how to be an effective Black Diamond Outdoor Trainer!

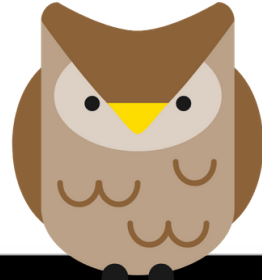
Wild Things

Learn ways to connect with nature and enhance your nature hikes and other outdoor activities. You'll learn about flowers, trees, birds and more. This course will spark an inner desire to become a naturalist. Whether you plan to be in a city park or deep in the woods, you will learn how to make the experiences fun for girls, while practicing Leave No Trace Principles.



OWLS 2020 Schedule

Friday						
5:00 PM	Registration and Tent Set Up					
5:30 PM						
6:00 PM						
6:30 PM	Camping Out - Fri/Sat - 6:30 pm to 9:30 am	Adult and Pediatric First Aid, CPR and AED - BLENDED SESSION- Friday	Bucket List Programming 6:30 pm to 8:00 pm			
7:00 PM		6:30 pm to 9:30 pm				
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
Saturday						
7:30 AM	Breakfast					
8:00 AM						
8:30 AM	Archery for Troop Volunteers	Wild Things		Fire Building and Basic Cooking	Hiking	
9:00 AM	8:30 am to 5:00 pm	8:30 am to 10:30 pm		8:30 am to 12:00 pm	8:30 am to 11:30 am	
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM		Basic Outdoor Skills 10:30 am to 12:00 pm		Basic Fishing and Basic Water Safety 10:30 am to 6:00 pm	Basic Water Safety 10:30 am to 11:30 am	Canoeing and Basic Water Safety 10:30 am to 6:00 pm
1:00 PM		Lunch 12:00 pm to 1:00 pm	Lunch 12:00 pm to 1:00 pm	Lunch 12:00 pm to 1:00 pm	Lunch 12:00 pm to 1:00 pm	Lunch 12:00 pm to 1:00 pm
1:30 PM		First Aid in the Girl Scout Troop 1:00 pm to 2:00 pm	Intro to Backpacking- Day Session 1:00 pm to 4:00 pm			
2:00 PM		Safety Activity Checkpoints 2:00 pm to 3:00 pm				
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						



4:30 PM		Camp Ceremonies 4:40 pm to 6:00 pm	Advanced Outdoor Cooking 4:30 pm to 7:00 pm
5:00 PM			
5:30 PM			
6:00 PM			
6:30 PM			
7:00 PM	Camping Out-Sat/Sun - 7:00 pm to 3:00 pm	Intro to Backpacking-Night Session 7:00 pm to 10:00 pm	
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			
10:00 PM			

Sunday

7:30 AM		Breakfast 7:30 am to 8:30 am	Breakfast 7:30 am to 8:30 am	Breakfast 7:30 am to 8:30 am
8:00 AM				
8:30 AM		STEM in the Outdoors 8:30 am to 10:00 am	Adult and Pediatric First Aid, CPR and AED - BLENDED SESSION-SUN 9:00 am to 12:00 pm	Orienteering 8:30 am to 11:30 am
9:00 AM				
9:30 AM				
10:00 AM				
10:30 AM				
11:00 AM				
11:30 AM				
12:00 PM				
12:30 PM		Lunch 12:00 pm to 1:00 pm		
1:00 PM			Train the Trainer 1:00 pm to 3:00 pm	Camp Planning 101 1:00 pm to 2:30 pm
1:30 PM				
2:00 PM				
2:30 PM		GS Survival 101 2:30 pm to 4:00 pm		
3:00 PM				
3:30 PM	Clean Up		Clean Up	Clean Up
4:00 PM				
4:30 PM				



2020 OWLS Registration Form

Please use one form per person and submit completed form with payment to:

Girl Scouts of Black Diamond Council, 321 Virginia Street West, Charleston, WV 25302 or send by fax to 304.345.6427.

You may also email/scan the form to customercare@bdgsc.org. **Deadline to register is April 20th, 2020.** Late registrations will not be accepted. You must be 18 years of age to attend or are a teen girl working on their CIT (Counselor-in Training) Award.

Basic Information

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Special Needs or Dietary Restrictions?: _____

**OWLS Weekend
Base Cost:
\$48**

Additional Optional Course Fees:

- Adult/Ped. First Aid, CPR/AED \$38
- Archery for Troop Volunteers \$45
- Basic Fishing/Basic Water Safety \$30
- Basic Water Safety \$30
- Camping Out \$30
- Canoeing/Basic Water Safety \$30
- Hiking \$5

Payment Information

Check or Money Order \$ _____

Make payable to Girl Scouts of Black Diamond Council

Cash (do not send in mail) \$ _____

Financial Aid \$ _____
(Subject to approval)

Credit Card \$ _____
(Complete information below)

Total Enclosed \$ _____

VISA Master Card American Express Discover

Account Number: _____

Expiration Date: _____

Name on Card: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Signature: _____

(Required for all credit card orders)

Friday

- Camping Out—Fri/Sat 6:30pm to 9:30 am \$30
- Adult/Ped First Aid, CPR/AED— Friday 6:30pm to 9:30pm \$38
- Bucket List Programming 6:30pm to 8:00 pm

Saturday

- Archery for Troop Volunteers 8:30 am to 5:00 pm \$45
- Wild Things 8:30 am to 10:30 pm
- Fire Building/Basic Cooking 8:30 am to 12:00 pm
- Hiking 8:30 am to 11:30 am \$5
- Basic Outdoor Skills 10:30 am to 12:00 pm
- Basic Fishing/Basic Water Safety 10:30 am to 6:00 pm \$30
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- Intro To Backpacking— Day Session 1:00 pm to 4:00 pm
- Safety Activity Checkpoints 2:00 pm to 3:00 pm
- Camp Ceremonies 4:30 pm to 6:00 pm
- Advanced Outdoor Cooking 4:30 pm to 7:00 pm
- Camping Out— Sat/Sun 7:00 pm to 3:00 pm \$30
- Intro to Backpacking— Night Session 7:00 pm to 10:00 pm

Please mark each workshop you wish to attend.

Sunday

- STEM in the Outdoors 8:30 am-10:00 am
- Adult/Ped First Aid, CPR/AED—Sunday 9:00 am to 12:00 pm \$38
- Orienteering 8:30 am to 11:30 pm
- Train the Trainer 1:00 pm to 3:00 pm
- Camp Planning 101: 12:30 am –2:00 pm
- GS Survival Course: 2:00 pm –3:30 pm

Event Schedule Options

Preferred Lodging
(First come / First served)

- Half Cabins: Platform wooden cabins with screened windows and doors; sleeps 4 per cabin; cots w / mattresses provided.
- Platform Tents: Elevated tents on wooden platform; Sleeps 4 per tent; cots w / mattresses provided.
- I will be bringing a personal tent.
- I would like to borrow a council ground tent.

Note: All Camping Out participants will be sleeping in ground tents.

Note: CITs will be sleeping together in a special designated camp area.

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- Saturday**
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 - Basic Water Safety 10:30 am to 11:30 am \$20
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- Sunday**
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 - Adult/Ped First Aid, CPR/AED—Sunday 9:00 am to 12:00 pm \$38
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 - Train the Trainer 1:00 pm to 3:00 pm
 - Camp Planning 101: 12:30 am –2:00 pm
 - GS Survival Course: 2:00 pm –3:30 pm

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