

## *Volunteer Kickoff Schedule*

Saturday	
7:30-8:30	Breakfast
8:30-8:45	Opening Ceremony
9:00-10:15	Session 1
10:30- 11:45	Session 2
12-1:40	Lunch
1:40-2:15	Service unit Break Out Groups / Free time
2:30 - 4	Session 3
4:15-5:45	Session 4
6:15 - 8:30	Dinner and Dance Party
8:45-9:30	Campfire
9:30-11	Stargazing
Sunday	
8:30 - 9:30	Breakfast
9:45-10:45	Yoga
10:45-11	Closing

# Volunteer Kickoff Session Descriptions

## CO-OP COURSE

- This training teaches adults the skills to earn the Low Ropes facilitator qualification (valid for three years). The Low Ropes facilitator qualification allows you to safely and properly facilitate a low ropes course experience. You'll learn about name games, ice-breakers, initiatives, trust, spotting, and the elements of the course as well as how to debrief the entire experience. Participants will also be trained to assess and mitigate risk for participants as well as themselves. Participants should come to this three-hour training ready to participate, engage in the instructor-led activities, and learn by doing. Takes both sessions 1 & 2 to complete, so be sure to select this for both sessions.

## CROCHETING & KNITTING:

- Learn the basics of knitting and crochet in this class. You will get hands-on experience with the basics of stitching yarn together, or you can join the class to help you improve your skills.

## FLAG CEREMONY

- Because the American Flag is the symbol of our country – which Girl Scouts promise to serve - many Girl Scout events include a flag ceremony. This training will teach you about proper flag etiquette and ceremony traditions.

## MENTAL WELLNESS:

- Join a licensed therapist to discuss centering mental health in your troop meetings, signs that girls are struggling, and ways to support them.

## DELEGATE TRAINING

- This delegate training program equips Girl Scouts delegates with essential skills and knowledge to effectively represent their troops and contribute to council decision-making processes. The training aims to empower delegates to actively participate in shaping the future of the organization and enhance their leadership capabilities.

# Volunteer Kickoff Session Descriptions

## ENCAMPMENT PROCESS & PLANNING:

- Come learn about the encampment reservation and planning process, including new updates for Spring 2026 encampments. We will cover reservations, requirements for activity areas, and more!

## GEOCOACHING

- This training is to instruct volunteers on how to use GPS and navigate through our geocaches course at camp. You will use GPS units to explore DEELCOS. You will also learn how to use the various geocache apps, and how to make your own geo cash.

## TRIPS AND TRAVEL:

- Learn the essentials for planning safe, fun, and successful Girl Scout trips—from local outings to overnight adventures. This session covers safety guidelines, travel progression, permission forms, and more to help you confidently lead your girls on the go!

## PHOENIX TOWER:

- This session is part 1 of the full Phoenix Tower training. Participants must also be signed up for the practical portion on Sunday, September 7th. This session will cover rules/expectations, how to properly fit gear, and knot tying.

## MAPS & COMPASSES

- Unlock the world of navigation and exploration! This class is designed to equip participants with the knowledge and skills necessary to confidently navigate through outdoor environments using compasses and maps.

## *Volunteer Kickoff Session Descriptions*

### NUTS ABOUT COOKIES AND MONEY EARNING

- Interested in learning how Cookie and Fall Product sales can help your Troop? What about other money earning activities to fund activities for your troop or service unit? We'll take you through the basics, and answer all your questions about all your great money-earning opportunities. These can help you and your Girl Scouts earn the dollars necessary for big Girl Scout plans! Come to this class to learn all of the policies and best practices regarding fundraising and maybe get some new ideas to use with your girls!

### MORE GIRLS, MORE FUN! MULTI-LEVEL TROOPS

- A multi-level troop is exactly what it sounds like: one unified troop with multiple grade levels within it. Some are close in age, like a combined Brownie and Junior troop, while others may be very large with nearly all Girl Scout levels joining forces. While there's no one single model for what a successful multi-level troop looks like, we will demonstrate some ways to make it more fun and less chaotic.

### QPR (QUESTION, PERSUADE, REFER : SUICIDE PREVENTION TRAINING)

- Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is the most widely taught Gatekeeper training in the world. QPR stands for Question, Persuade & Refer and is an evidence-based training created by the QPR Institute. What Will You Learn?:
  - How to Question, Persuade and Refer someone who may be suicidal
  - How to get help for yourself or learn more about preventing suicide
  - The common causes of suicidal behavior
  - The warning signs of suicide
  - How to get help for someone in crisis.

### SMALL WATERCRAFT SAFETY

- This training has both an online and an in-person component and participation in both is mandatory in order to receive credit for participating. Upon completion of this training and pending instructor approval, you will be qualified for three years to take Girl Scouts out on the lake at camp and other flatwater locations deemed safe by the qualified individual. Takes both sessions 3 & 4 to complete, so be sure to select this for both sessions.

## Volunteer Kickoff Session Descriptions

### TAKE ACTION! WITH HIGHEST AWARDS

- This course is for any adult interested in helping girls earn Bronze, Silver, or Gold. Join us to learn about Highest Award Take Action projects, getting to the root cause of an issue, and ways to help girls come up with project ideas. We will also cover helpful info for girls working on Gold!

### CAMPFIRE SONGS & TRADITIONS

- Ceremonies and traditions give Girl Scouts a sense of history and inspire them to be the best they can be. Sharing traditions with millions of Girl Scouts—and the huge network of Girl Scout alums who came before— helps remind us that we belong to a big, powerful sisterhood. In this training you will learn about some of our Girl Scout traditions and songs.

### SLING SHOTS:

- Become a GSHNC certified facilitator for slingshots. This class will focus on slingshot safety, how to teach girls, equipment, and fun games. (Only needed if you want to do sling shots, but do not have a certified level 1 archery instructor.)

### SERVICE UNIT MANAGERS (GREEN TABLE TALK)

- Join council staff for updates on upcoming events and initiatives, followed by community sharing, where Service Unit Managers can connect, collaborate, and exchange ideas to strengthen support across service units

### NOT ATTENDING A SESSION:

- Select this option if you are facilitating a session during this time block or will not be present at camp.