

# OAL TRAINING for ADULTS

***Save the Date! Sat. Jan. 27 to Sun. Jan. 28, 2018***

We are trying something new this year!

We are planning a weekend training that will include all of the OAL components...

*Please scroll down to see what each session includes...*

**Step One** – Getting Outside

**Step Two** – Camp Planning – Residential

**Step Three** – Let's Go Camping – Camp Paperwork

**Step Four** – Adult Camp Skills \*OAL Tent Camping Enrichment Module

*Our plan is to offer this residential training to Guiders as STEP ONE...*

*Once we have a 'core' group of trained Guiders, we will then build on these skills and invite Guiders and girls to participate in STEP TWO...*

*STEP TWO continues the camp training opportunity by offering a weekend camp for both girls and Guiders...*

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## OUTDOOR ACTIVITY LEADERSHIP PROGRAM (OAL)

We are lucky to live in the middle of our very own outdoor playground.

Getting outside, enjoying nature and challenging ourselves are some of the best parts of the Guiding experience and are central to the Girl Guide philosophy and program.

Guiding is all about a 'progression of skills' for both girls *and* Guiders. The OAL Program follows the 'progression of skills' needed for short outdoor activities, through to residential and tent camping and then on to more challenging adventure camping trips.

This 'stepping stone' approach helps both girls *and* Guiders build and 'try out' their new skills all in a safe and supportive learning environment. As your comfort level in the outdoors grows, so will your girls'.

### ***For Girls...***

We nurture and guide our young Sparks as they go to a sleepover for the first time. Brownies are pretty proud when they come home from camp having washed dishes and looked after their belongings for the weekend! Guides learn how to prepare and cook nutritious meals at camp, pitch a tent and hang a tarp over their outdoor kitchen. Our Pathfinders, TREX and Ranger Programs further challenge and support the girls as they plan and participate in overnight hikes and paddles through our OAL Adventure Program.

***For Guiders...***

### **First STEP of the OAL Stream...**

If you are new to Guiding (*Sparks, Brownies, Guides*) this is a good place to start! The purpose of the 'first step' is to show Guiders *how to take an outdoor activity and make it fun and accessible for girls...*

### **GETTING OUTSIDE...**

**Date** –

**Time** –

**Location** –

*Your Green OAL pin  
will be presented on  
completion of Steps 1 & 2*

This year we are trying something new! This training will give the newer Guider some activity ideas and the skills necessary to plan and take girls outside for some safe outdoor fun! The session will include a short hike with examples of outdoor games, orienteering, nature walk resources and other activities that provide fun examples. The day will include samples of paperwork, first aid resources and methods of ensuring you have all your participants and haven't lost anyone along the way and will lay the foundation for a 'love of nature and the outdoors' for many years to come!

*\*This will be a rain or shine activity so dress for the weather of the day*

*\*More details will be provided upon registration! Let's have fun in the outdoors!*

### **Second STEP of the OAL Stream**

#### **CAMP PLANNING – OAL Residential...the 5W's & How!**

**Date** –

**Time** –

**Location** –

The girls love to go camping and often their first experience is in a building (*we call this 'Residential Camping'...*)

Build success into your camping experience by having the necessary tools to plan and execute the perfect camp!

We will cover all aspects of planning, timelines, sharing the tasks and responsibilities, program, agendas, possible venues, rainy day activities, themes, food & nutrition and camp life...all while ensuring a safe and fun environment! We will also cover day camps and mother & daughter sleepovers.

#### ***Needs Assessment...***

Perhaps you are ready for some additional challenges...

Depending on the needs and experience of the Guiders who register for this session, we can include additional information and skills for you to take your girls to an established tenting camp (*platform tents, huts etc.*) where the focus is on safe and fun outdoor camp life!

*Please join us...the magic of camp awaits!*

### *Step Three*

#### **LET'S GO CAMPING (Camp Paperwork)**

**Date** –

**Time** –

**Location** –

A great review *and next step* for anyone planning a camp for the Spring!  
We will focus on developing a solid timeline for planning and completing all of the Safe Guide paperwork.

Bring your great ideas and let's go camping!

As we continue to the **NEXT STEP** in the 'progression of skills' in the OAL Program ...perhaps you are ready for a new challenge!

### *Step Four*

#### **ADULT CAMP SKILLS**

This is the *OAL Tent Camping Enrichment Module* and is for Guiders of any experience level who are interested in developing their outdoor tent camping skills in order to take girls to camp. This full-day features hands-on training with tents & tarps & shelters, outdoor kitchen set up & cooking outdoors plus program activities.

*Dates/Times/Location TBA*

*\*The overnight option is available for those wishing to finish this module and earn the Enrichment Pin.*

*Your **Yellow Tent Camping Enrichment Pin** will be presented on completion of Adult Camp Skills plus an overnight in a tent*