

2021 COURSE CATALOG

As we do not know when social distancing protocols will end, we are presenting the 2021 Course Catalog in lieu of our usual Training Calendar. Find details for our courses below. Then check out sdgirlscouts.org/events to find out when classes will be offered next.

b

Blasting Into Brownies

Explore traditional fun and games along with innovative program options. 2.5 hours; \$5.

Prerequisites: Getting Started with Your Troop and Intro to Girl Scouts

**A recorded webinar version of this course is available in Litmos while we're social distancing. Please view details at*

sdgirlscouts.org/training#browseonline

c

Cruising Into Cadettes

This course has moved online—look for the Cadette Learning Path in the Online Training section of this calendar.

Prerequisites: Getting Started with Your Troop and Intro to Girl Scouts

d

Diving Into Daisies

Find out how to best lead our youngest Girl Scouts. 2.5 hours; \$5.

Prerequisites: Getting Started with Your Troop and Intro to Girl Scouts

gs

Intro to Girl Scouts

Gain tips and best practices for leading a troop of any level. Part of the New Leader Learning Path, this course is required for all troop leaders, and strongly recommended for co-leaders. También disponible en español, cuando se solicita. 3 hours; \$5.

Prerequisite: Getting Started with Your Troop Milestones 1-3

**A recorded webinar version of this course is available in Litmos while we're social distancing. Please view details at*

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j

Just For Juniors

Juniors are ready for new adventures and responsibilities! Get comfortable with the amazing new opportunities this level brings. 2.5 hours; \$5.

Prerequisites: Getting Started with Your Troop and Intro to Girl Scouts

s

Leader-Daughter Training

This event is open to girls in grades K-8 and accompanying adult leaders (who are required to attend/register). Leaders and their daughters can learn useful tools, skills, and strategies to take back to their troop. Themes vary; 2 hours; \$5 per participant.

s

Senior/Ambassador Roundtable

Network with other leaders on tips for engaging older girls during this busy and critical life stage. 2 hours; \$5.

Prerequisites: Getting Started with Your Troop and Intro to Girl Scouts

a

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First Aid/CPR/AED

Girl Scouts San Diego uses certification programs developed by American Safety and Health Institute (ASHI) in compliance with G2015 global guidelines that meet Girl Scouts of the USA standards. Videos deliver consistent content, with written tests and hands-on practice confirming learners have achieved skills needed to help those in need.

We offer Pediatric First Aid/CPR/AED, which is child-centered but includes adult and infant certification. Classes are available for adults and girls in grades 6 and up. (Girls under age 14 will receive a certificate of completion.) There are multiple options for this training:

Standard Class: An instructor will guide you through videos, hands-on skills practice, and a written, open-book test in this two-year certification course. Best option for beginners. 5 hours; \$45 for members.

Blended Class: Watch videos at home or on your mobile device in advance. Then, attend an instructor-led, hands-on skills session to earn your two-year certification. Two to three hour online class plus a two and a half hour in-person class; \$45 for members.*

Our classes meet Girl Scout requirements for first aiders who are within 30 minutes of emergency medical services (EMS). Wilderness First Aid or Wilderness First Responder certification is needed for outings more than 30 minutes from EMS.

**Note for those who need First Aid/CPR/AED for work or other agency compliance: Due to the abbreviated class time, this option may not fulfill time-based requirements. Check with the agency requiring the training.*

Find dates and locations of classes online at sdgirlscouts.org/events



ONLINE TRAINING

Learn any time of day—even in your pajamas! You can self-sign up for most online courses. Here's how: Visit sdgirlscouts.org/litmos.com/self-signup. Then enter your name, the email associated with your Girl Scout account, and the code of the course you want to view, then find the link in your inbox to access the course. Note: Keep your training record complete by using your Girl Scout email each time you log in.

View your online training record or browse our course library anytime by visiting sdgirlscouts.org/litmos.com. Not sure what email to use or need help? Contact training@sdgirlscouts.org.

We are adding new online courses all the time visit sdgirlscouts.org/training and browse the complete list.



Basic Overnights

This first course in the outdoor training series helps you prepare for overnights in the neighborhood, simple encampments, and Adventure Weekends. This course is required before a first overnight. 40 minutes. **Code:** [sleepingbag](#).

Bronze Award Online Training

Help your Girl Scout Juniors achieve the Bronze Award! This training covers Bronze Award essentials like award steps and requirements. You'll learn the difference between a community service project and a Take Action project, plus lots of tips to leading girls to Bronze Award success. 30 minutes. **Code:** [gobronze1](#).

Cadette Learning Path

Are your Juniors getting ready to bridge? Or, do you already have a Cadette troop? This learning path is for you! Learn what's different about your role and about girls who are entering their teen years. Take away essential tips you can use to support girls and make the Cadette years flexible, valuable, and fun! **Code:** [cadette20](#)

Ceremonies in Girl Scouting

Learn about traditional Girl Scout ceremonies like investiture, bridging, the flag ceremony, Girl Scouts' Own, and more. Self-paced. **Code:** [ceremony](#).

Cookie Program Training (seasonal only)

Troop cookie managers and parents of independently registered girls take this training annually to learn about running the Girl Scout Cookie Program for their troop or girl. See sdgirlscouts.org/cookies to learn more.

Conflict Resolution and Prevention

Learn what causes conflict and tips for resolving it. Plus, find out how to manage troop conflict and how to get help when you need it. 20 minutes. **Code:** [peace4u](#).

Fall Product Program Training (seasonal only)

Troop fall managers and parents of IRMs take this training to learn about running the fall product program for their troop or girl. See sdgirlscouts.org/fall to learn more.

Getting Started with Your Troop

Learn the essentials of Girl Scouting with Girl Scouts San Diego. This training covers important topics for troop leaders: starting a troop, handling troop finances, keeping girls safe, product programs, and where to find resources and support. Troop leaders are automatically assigned this required training. Not a troop leader or need help? Contact training@sdgirlscouts.org



Gold Award Online Training

Learn Gold Award basics! Jump start your brain so your passions, interests, and ideas begin forming before attending the required GoGold Workshop. Open to girls, parents, project advisors, and leaders. This course is required for girls who want to earn the Gold Award. By signing in, girls certify that they are at least 13 years old. Visit sdgirlscouts.org/gold for more resources. 30 minutes. **Code:** [gogold](#).

Large Event and Encampment Director Training

Learn how to plan and run a successful event or encampment from start to finish. Required for event or encampment directors. 20 minutes. **Code:** [funevents](#).

Outdoor Challenge

Do you have a strong background in camping with groups or extensive camping experience with Girl Scouts or a comparable youth group? Take this course to "test out" of outdoor training in the following order: Let's Have a Campfire, Let's Cook Out, and/or Let's Tent. **Prerequisites:** Basic Overnights (online) and Let's Camp. Self-paced. **Code:** [outdoors](#).

Silver Award Online Training

Help your Girl Scout Cadettes achieve the Silver Award! This training covers Silver Award essentials like award steps and requirements. You'll learn the difference between a community service project and a Take Action project, plus lots of tips to leading girls to Silver Award success. Open to girls, parents, project advisors, and leaders. 30 minutes. **Code:** [gosilver1](#).

Troop Treasurer Training

Volunteers in the troop treasurer role take this required training to learn about troop finances and best practices for managing and reporting troop funds. 20 minutes. **Code:** [banking2](#)



Water Safety Tips for Girl Scout Troops

Cover basic water safety information from the American Red Cross, then review Girl Scout standards for swimming and other aquatic activities. 60 minutes. **Code:** [safeswim](#).

Where to Place Badges, Patches, and Insignia

This cute, girl-led video takes the guess-work out of placing badges, patches, and insignia on Girl Scout uniforms. 3 min. **Code:** [cooluniform](#)

ENRICHMENT



Archery Instructor Training

Meet the Girl Scout standard for archery instructor certification. Leaders, assistant leaders, and interested adults (18 years and older) are welcome. Archery instructors can lead archery for their troop, an encampment, and/or assist in leading an archery workshop. Certification is valid for three years. 8.5 hours; \$40.



Basic Water Rescue

Gain the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies with this hands-on Red Cross course. Note: This class does not replace the need for a lifeguard if noted in Girl Scouts' Safety Activity Checkpoints. Visit sdgirlscouts.org/events for upcoming dates or email training@sdgirlscouts.org for more information.

OUTDOOR TRAINING CLASSES



Basic Overnights

First in outdoor training series

Required for simple encampments, Adventure Weekends, and preparatory overnights in the neighborhood. Free.

Online: Access at sdgirlscouts.org/outdoortraining



Let's Camp

Second in outdoor training series

Ready to have a troop cabin camp-out? Learn about outdoor program delivery, property reservations, safety, meal preparation, and building troop skills, teamwork, and memories. Required for independent troop cabin camping. 2.5 hours; \$5.

Prerequisite: Basic Overnights (online)

*A recorded webinar version of this course is available in Litmos while we're social distancing. View details at sdgirlscouts.org/training#browseonline



Let's Have a Campfire

Third in outdoor training series

Trainers will coach you through fire building and extinguishing, safe pocketknife and hatchet use, knots, simple campfire stick cooking, campfire program, and reflective debriefing. This training qualifies you for stick cooking (like s'mores), beach or backyard fires, and campfires held while cabin camping. Required for any fire. 3 hours; \$10 (includes food and materials)

Prerequisites: Basic Overnights (online), and Let's Camp



Let's Cook Out

Fourth in outdoor training series

Discover several fun methods of outdoor cooking that you can empower your girls to use. You and your new friends will cook a tasty four-course meal to share. You'll be qualified to use many outdoor cooking methods with your girls. Required for outdoor cooking. 7 hours; \$15 (includes food and materials). **Prerequisites:** Basic Overnights (online), Let's Camp, and Let's Have a Campfire



Let's Tent

Fifth in outdoor training series

When you and your girls are ready for more rugged experiences, explore troop tent camping. Required for troop tent camping. 17 hours, includes overnight; \$10 (includes food and materials).

Prerequisites: Basic Overnights (online), Let's Camp, Let's Have a Campfire, and Let's Cook Out



Leader-Daughter Let's Cook Out and Let's Tent Training Weekend

Fourth and fifth in outdoor training series

This event is open to girls in grades 2-8 and accompanying adult leaders (who are required to attend/register). This course combines our Let's Cook Out and Let's Tent courses and allows your daughter to learn alongside you. 16 hours, includes overnight; \$30 each (includes food and materials).

Prerequisites for adults: Basic Overnights (online), Let's Camp, and Let's Have A Campfire

Outdoor Challenge (Test-out)

Third through fifth in outdoor training series

The Outdoor Challenge is a way for experienced adults to "test out" of Let's Have a Campfire, Let's Cook Out, and/or Let's Tent. The trainings must be completed in order. The adult taking this challenge must have a strong background in camping with groups, extensive Girl Scout camping experience, or camping experience with comparable youth organizations.

Prerequisites: Basic Overnights (online) and Let's Camp
Online: Email training@sdgirlscouts.org for an invitation.

Outdoor Training Series Super Weekends

Take your girls outside! These second-through-fifth courses in the outdoor training series will all be taught in one weekend. Introduce girls to the outdoors in progressive steps from a local overnight to rustic camping. Classes must be taken in order. Sign up for Let's Camp, Let's Have a Campfire, Let's Cook Out, and Let's Tent training series in one weekend or separate them out over a longer period of time.



Lifeguard Certification

This two-year, 30-hour lifeguarding class includes first aid, professional-level CPR, and AED in a single certificate for those who successfully complete the course. This is an in-the-water course. Come prepared to get wet! Visit sdgirlscouts.org/events for upcoming dates or email training@sdgirlscouts.org for more information.

Prerequisite: Rigorous swim test, home study



San Francisco Bridging Workshop

Make bridging from Juniors to Cadettes with Girl Scouts of Northern California a meaningful, girl-led adventure. Note: Troop Tripping is required training prior to any advanced domestic or international travel. 2 hours; \$5.

Training of Trainers

Are you passionate about the outdoors? Leadership development? Do you want to help grow the next generation of strong girls and women? If this sounds like you, consider becoming a Girl Scout trainer! 8 hours; free

Prerequisite: In-person meeting with adult learning team; email training@sdgirlscouts.org to schedule.



Troop Tripping

Make advanced travel a reality through these tips and requirements. This training is required for out of state trips, trips involving air travel, and trips lasting three or more nights. Plan to take this course at least three months prior to your troop's trip. 3 hours; \$5.



Wilderness First Aid

Gain a foundation in first aid principles and the skills to respond to emergencies and give care in areas without immediate emergency medical services (EMS) response. This is a 16-hour course. See sdgirlscouts.org/events for upcoming dates or email training@sdgirlscouts.org for more information.

Prerequisite: current First Aid/CPR/AED, home study

Help us meet your learning needs!
Email training@sdgirlscouts.org to arrange any accommodations to
enhance your learning experience.

Contact our Customer Care team to request an interpreter or other language guidance.
customercare@sdgirlscouts.org

Para asistencia en español, comuníquese con nuestro personal de
Customer Care (servicio al cliente) a customercare@sdgirlscouts.org.



Registration

For in-person classes: sdgirlscouts.org/events
Help: customercare@sdgirlscouts.org, 619-610-0821
Full course details: at sdgirlscouts.org/training.
Non-members: Some courses may have additional fees.



See a complete list of online training
at sdgirlscouts.org/training

Locations

Balboa: 1231 Upas St., San Diego, 92103
Escondido: 3050 Las Palmas, Escondido, 92025
(inside Kit Carson Park)
Carlsbad: 5315 Avenida Encinas, Ste. 100, Carlsbad, 92008



Show your commitment to learning by wearing a
“Trained to Lead” patch. Add a charm for each class you
attend. Available for purchase in Girl Scouts San Diego
shops.