

Girl Scouts San Diego offers over 100 courses and training opportunities to help volunteers shine in their roles as troop leaders, troop helpers, service unit leadership, and council trainers. Courses are offered online (📺), in-person (📍), and in a blended (📺📍) format to maximize convenience and learning while also fostering connection and the magic of shared experiences.

Here's how to join us:

In Person: Register for in-person courses at sdgirlscouts.org/events.

Online in gsLearn: All members have access to gsLearn, our online learning platform. Over 80 courses are available in the gsLearn Content Library. If you have an interest, we have a training (see back cover)! To access gsLearn:

1. Visit sdgirlscouts.org and select the My GS tab.
2. Log in with your email and password.
3. Select My Account (top) and then gsLearn (left)
4. Select the Content Library (left) and use the search field to enter a course title or topic (i.e., Daisies, outdoor, new leader, cookies) or use your scroll bar to browse. Select a course to begin.*



*The very first time you log in to gsLearn, it may take up to 30 minutes for Girl Scout San Diego online courses to appear in the content library. Need help? Contact training@sdgirlscouts.org.

LEADERSHIP

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 Girl Scouts safe, product programs, and where to find resources and support. Troop leaders are automatically assigned this required training. Don't see it on your gsLearn dashboard? Select Content Library and search on "new leader," or contact training@sdgirlscouts.org.

"This course provided me with a lot of really great information and I'm really excited to get started with my troop."

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.

Leader-Daughter Training 📍

This engaging event is open to Girl Scouts 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.

"Kids and grownups had a fun time!"

SPECIAL ROLES

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 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.

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.

PRODUCT PROGRAM

Cookie Program Training (seasonal only) 📺

Troop cookie managers and parents of independently registered Girl Scouts 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.

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.

TRAVEL

Troop Tripping 📍

Make advanced travel a reality! 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.

"I feel totally ready to take the girls anywhere in the world they want to go—and more importantly know so many more resources and who to ask for help."

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.

"The trainer had first-hand experience doing this trip. She gave great examples."

OUTDOOR TRAINING

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.

"Great instruction to confidently lead young girls through the steps of archery."

Basic Overnights (Course 1)

This course is required for simple encampments, Adventure Weekends, and preparatory overnights in the neighborhood. 40 minutes.

Let's Camp (Course 2)

This is the second course 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). If you can't make it in-person, a recorded webinar is available online.

"I left better prepared and even more enthusiastic about camping with our troop."

Let's Have a Campfire (Course 3)

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.

"Building and having a campfire is more than just throwing some logs in a ring and lighting them on fire, it's about bringing the girls together and teaching. The instructor did a great job of teaching the building of tradition and memories."

Let's Cook Out (Course 4)

Discover several fun methods of outdoor cooking that you can empower your Girl Scouts 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 Girl Scouts. Required for outdoor cooking. 7 hours; \$15 (includes food and materials). **Prerequisites:** Basic Overnights (online), Let's Camp, and Let's Have a Campfire.

"I have a lot of experience camping with groups—this course still taught me new things, and it was fun!"

Let's Tent (Course 5)

Fifth in outdoor training series. When you and your Girl Scouts 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.

"I can see that no matter the outdoorsmanship experience of the leaders, the course can help put everyone on the same page."



OUTDOOR TRAINING SERIES



Basic Overnights

Required for encampments, adventure weekends and preparatory overnights in the neighborhood. Online; free; sign up at sdgirlscouts.org/outdoortraining



Let's Camp

This in-person class will qualify you to take your girls cabin camping in our mountain properties and at private and public campsites. It covers program activities, GS property reservations, safety and meal options.



Let's Have a Campfire

A hands-on class where you'll learn all you need to safely hold a backyard, beach or cabin camping campfire, complete with s'mores, program ideas and reflection. Includes knife and hatchet instruction to teach your girls.



Let's Cook Out

You'll work in small groups with new friends to create delicious meals outdoors. Learn cool tricks to make cooking a blast for your girls. Course includes safe food handling, and sanitation. How to accommodate allergies and food restrictions is discussed.



Let's Tent

Learn how to sleep comfy outdoors so that your girls can try new locations and adventures! You'll discover tips for gear selection, cool nighttime activities and much more.

Campfire/Cook/Tent: Are you an expert in camping with youth? Ask about testing out of some of these courses.

Outdoor Training Series Super Weekends 📍

Take your girls outside! All in-person outdoor classes (second-through-fifth) are covered in our Super Weekends. Introduce your troop or girl to the outdoors in progressive steps—from a local overnight to rustic camping. 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—but they must be taken in order.

"It covered all the major areas needed to have a successful camp out. The hands on gave me a chance to put skills to the test, make mistakes and solve them. It also gave us a chance to improvise if needed."

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

Fourth and fifth in outdoor training series. Troop leaders and co-leaders, bring your Girl Scout daughter (grades 2-8) to learn along with you, then take your skills back to your troop! This course combines our Let's Cook Out and Let's Tent courses at a gentle pace. Sorry, but we can't accommodate additional siblings or troop members. 14 hours of instructional time. Per person fee includes overnight Friday and Saturday; \$30 each (includes food and materials). **Prerequisites** for adults: Basic Overnights (online), Let's Camp, and Let's Have A Campfire. Note: This offering will be re-instated when capacity allows.

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.

Wilderness Hiking/Backpacking 📍

Girl Scouts San Diego offers regular opportunities for outdoor adventure at all levels through Wilderness Hiking and Backpacking classes and trips! Visit sdgirlscouts.org/en/camp/hiking-backpacking.html to learn more about our volunteer-led program, hike of the month, progression levels, youth leadership, and what you can do to stay safe out on the trails.

PROGRAM GRADE LEVEL

New this Fall: Blended courses for the first four program levels offer twice the learning and twice the fun. Start by learning the basics online at a time that's convenient. Then attend an 'In Real Life' session to network with new friends and put what you've learned to practice with hands-on songs, games, and tips and tricks for troop meetings and troop management. Complete the online portion prior to registering for an 'In Real Life' session. Ready to get started? See the "Online Learning" section for how to log in to gsLearn, our online learning platform, and visit sdgirlscouts.org/events to register for your "In Real Life" session.

"Every part was directly applicable to me at this moment. Getting to talk to a bunch of people whose girls are at the same stage as mine. Getting very specific ideas and sharing. Great course!"

Diving Into Daisies Online & 'Daisies In Real Life' 📍

Find out how to best lead our youngest Girl Scouts. Online 2.5 hours; 'In Real Life' 1.5 hours; \$5. **Prerequisite:** Getting Started with Your Troop.

Blasting Into Brownies Online & 'Brownies In Real Life' 📍

Explore traditional fun and games along with innovative program options. Online 2.5 hours; 'In Real Life' 1.5 hours; \$5. **Prerequisites:** Getting Started with Your Troop.

Cruising Into Cadettes Online & 'Cadettes In Real Life' 📍

Girl Scouts are entering their teens, learn about how to make the Cadette years flexible, valuable, and fun! Online 2.5 hours; 'In Real Life' 1.5 hours; \$5. **Prerequisite:** Getting Started with Your Troop.

Jumping Into Juniors Online & 'Juniors In Real Life' 📍

Juniors are ready for new adventures and responsibilities! Get comfortable with the amazing new opportunities this level brings. Online 2.5 hours; 'In Real Life' 1.5 hours; \$5. **Prerequisite:** Getting Started with Your Troop.

Senior/Ambassador Roundtable 📍

Network with other leaders on tips for engaging older Girl Scouts during this busy and critical life stage. 2 hours; \$5. **Prerequisite:** Getting Started with Your Troop.

HIGHEST AWARDS

Bronze Award 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 for leading Girl Scouts to Bronze Award success. 30 minutes.

Silver Award 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 for leading Girl Scouts to Silver Award success. Open to Girl Scouts, parents, project advisors, and leaders. 30 minutes.

Gold Award Training 📍

The Girl Scout Gold Award is the highest award a Girl Scout can earn and a true mark of distinction. Girls interested in earning the Gold Award request this required training at sdgirlscouts.org/gold. Girl Scouts, parents, project advisors, and leaders can find the course online in gsLearn. 30 minutes.

FIRST AID AND SAFETY MANAGEMENT

About First Aid

Girl Scouts San Diego uses first aid 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 Girl Scouts in grades 6 and up. (Girl Scouts under age 14 will receive a certificate of completion.) There are multiple options for this training:

First Aid/CPR/AED 📍

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; \$50 for members/\$65 for non-members.*

"It was an effective course where I walked in knowing almost nothing and walked out confident in my ability to do my best when a person is in medical danger."

First Aid/CPR/AED 📍

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; \$50 for members/\$65 for non-members. *

"I really appreciated the flexibility of watching the online portion at home on my time and then the in person portion felt more relevant as I had learned much of the information ahead of time online. It was a great use of my time."

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.

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. **Prerequisite:** current First Aid/CPR/AED, home study. Cost TBD.

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.

Basic Water Rescue 📍

Get wet and gather solid safety skills while around the water. Gain the knowledge and skills necessary to prevent, recognize, and respond to aquatic emergencies with this fun, hands-on Red Cross course. Note: This class does not replace the need for a lifeguard if noted in Girl Scouts' Safety Activity Checkpoints. Cost \$20.

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 a challenging, in-the-water course, intended for strong swimmers. Come prepared to get wet! Open to adults and youth who will be 15 and a half by the end of class.

Prerequisite: Rigorous swim test, home study. Cost TBD.

"Our instructor provided great in water demonstrations and explanations of the rescues. The skill test scenarios were relevant to the person being tested and what they will most likely encounter while guarding."

"Great class. I encourage more volunteers to get certified."

Find these learning opportunities online in gsLearn



All About Bridging

Badge Basics

Basic Overnights

Becoming Me

Being Teen Savvy

Blasting into Brownies

Bronze Award Training

Building Your Girl Scout Network

Building Your Team of Troop Volunteers

Ceremonies in Girl Scouting

Conflict Resolution and Prevention

Community Service vs. Take Action

Cruising into Cadettes

Digital Troop Experiences

Diving into Daisies

Event and Encampment Director Training

Finances for Older Girls

Getting Started with Your Troop

Girl Scout Destinations

Girl Scout Traditions

Going Outdoors with Girls (videos)

Gold Award Training

Green Activities for Girls

How to Build Peace via World Thinking Day

Individually Registered Members

Intro to Cookie and Fall Product Program

Jumping into Juniors

Latin-X Program Ideas

Let's Camp

Multi-Level Troops: Tips and Advice

Outdoor Challenge

Promoting Inclusive Language

Senior / Ambassador Roundtable

Silver Award Training

Three Month Check-In for New Leaders

Troop Cookie Manager Training (seasonal)

Troop Fall Manager Training (seasonal)

Water Safety Tips for Girl Scout Troops

Where to Place Badges, Patches, and Insignia

Help us meet your learning needs!

Email training@sdgirlscouts.org to arrange any accommodations to enhance your learning experience, including an interpreter or other language guidance.

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

Registration

For courses: sdgirlscouts.org/events

Help: customercare@sdgirlscouts.org, 619-610-0821

Full course details: sdgirlscouts.org/training

Non-members: Some courses may have additional fees.

QR Code

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



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.



Balboa Campus: 1231 Upas St., San Diego, CA 92103 | 619-298-8391
Escondido Program Center: 3050 Las Palmas (inside Kit Carson Park), Escondido, CA 92025
Carlsbad: 5315 Avenida Encinas, Suite 100, Carlsbad, CA 92008