

Girl Scout Council of Colonial Coast is committed to providing volunteers with the education and support they need to be successful in their roles and to have enriching and meaningful volunteer experiences. Classes are offered in a variety of formats, including online, classroom and outdoor workshops.

New Volunteer Classes

Girl Scouting 101

This online class introduces new volunteers to Girl Scouts' inspiring national leadership experience, from Journey resources and *The Girls Guide to Girl Scouting* to the Girl Scout Cookie Program, *Girl Scout Safety Guidelines* and much more. Access the class at <http://gscoc.org/Adult-Learning.aspx>.

Length: 45 minutes

For: New troop volunteers or any registered Girl Scout volunteer

Prerequisite: Volunteer application and registration process

Cost: Free

Volunteering for Girl Scouts Series & Events

This online class provides a quick tour of Girl Scouting with an introduction to the Girl Scout Leadership Experience (GSLE). Find out how adults can inspire girls to become their best. Access the class at <http://gscoc.org/Adult-Learning.aspx>.

Length: 30 minutes

For: Series and event pathway volunteers

Prerequisite: Volunteer application and registration process

Cost: Free

Service Unit Orientation

Mandatory for all new troop volunteers, this one-on-one or small group session provides the most essential tools necessary to start a troop. Service Unit Orientation is provided within the service unit by a member of the volunteer support team and is offered on an ongoing basis. New troop leaders/co-leaders will be informed about scheduling a Service Unit Orientation session during their application and appointment process.

Length: 1.5 hours

For: New troop volunteers

Prerequisite: Volunteer application and registration process, Girl Scouting 101

Cost: Free

Girl Scout Program Basics

This interactive workshop introduces volunteers to Journeys and the *Girl's Guide to Girl Scouting* for all grade levels and demonstrates how to create a "fun with purpose" leadership experience for girls. Participants will have an opportunity to experience fun activities they can share with girls.

Length: 3 hours

For: Volunteers guiding girls through their National Leadership Journeys

Prerequisite: Girl Scouting 101 or Volunteering for Girl Scouts Series & Events

Cost: \$3

Date	Time	Location
Thursday, November 14, 2013	6:30-9:30 p.m.	A Place for Girls, Chesapeake
Thursday, November 21, 2013	6:30-9:300 p.m.	St. George's Episcopal Church, Newport News
Sunday, November 24, 2013	3:00-6:00 p.m.	A Place for Girls, Chesapeake
Monday, December 2, 2013	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Monday, December 9, 2013	6:30-9:30 p.m.	St. Luke's United Methodist Church, Virginia Beach
Wednesday, December 11, 2013	6:30-9:30 p.m.	A Place for Girls, Chesapeake
Monday, January 6, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, January 7, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Wednesday, January 15, 2014	9:30 a.m. – 12:30 p.m.	A Place for Girls, Chesapeake
Thursday, January 16, 2014	6:30-9:30 p.m.	Kings Grant Presbyterian Church, Virginia Beach
Saturday, February 1, 2014	1:00-4:00 p.m.	Wycliffe Presbyterian Church, Virginia Beach
Saturday, February 1, 2014	9:00 a.m. – 12:00 noon	Bethlehem Christian Church, Suffolk
Monday, February 3, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, February 4, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Thursday, February 6, 2014	6:30 – 9:30 p.m.	First Christian Church, Hampton
Monday, March 3, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, March 4, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Wednesday, March 12, 2014	9:00 a.m. – 12:00 noon	Thalia United Methodist Church, Virginia Beach
Thursday, March 20, 2014	6:30 – 9:30 p.m.	St. George's Episcopal Church, Newport News
Monday, April 7, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, April 8, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Saturday, May 3, 2014	9:00 a.m. – 12:00 noon	Bethlehem Christian Church, Suffolk
Monday, May 5, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, May 6, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Monday, June 2, 2014	10:00 a.m. – 1:00 p.m.	Camp Apasus, Norfolk
Tuesday, June 3, 2014	6:00 – 9:00 p.m.	Camp Apasus, Norfolk
Saturday, July 12, 2014	9:00 a.m. – 12:00 noon	Bethlehem Christian Church, Suffolk

[Register Here](#)

Troop Paperwork & Trip Planning

This online class reviews the GSUSA and GSCCC guidelines necessary for planning an age appropriate day or overnight trip away from the group's scheduled meeting place. It covers the paperwork necessary for trip permission and approval. Register for the class here:

<http://gsusa.ebiz.uapps.net/vp/SearchResults.aspx?Search=troop+paperwork>

Length: 45 minutes

For: Any volunteer planning trips and activities with girls

Prerequisite: Volunteer application and registration process

Cost: Free

Continuing Education

Darkness to Light

Adults will learn seven steps to preventing, recognizing and reacting responsibly to child sexual abuse in the three-hour training session. This course is given by the Protecting Children Foundation and for adults only.

Length: 3 hours

For: Any registered Girl Scout adult

Cost: \$10

Date	Time	Location
Saturday, November 23, 2013	9:30 a.m. – 12:30 p.m.	A Place for Girls, Chesapeake

[Register Here](#)

Cookie Rookie Training

Are you a Cookie Rookie? Calling all first time troop cookie coordinators. Join us for basic training in the Cookie Program, strategies, and tips for eBudde.

NOTE: This training does NOT replace the training provided by each service unit for the cookie program. You must also attend your service unit's training.

Length: 1 hour 30 minutes

For: First Time Troop Cookie Coordinators

Prerequisite: Girl Scouting 101

Cost: None

Date	Time	Location
Monday, December 16, 2013	6:00-7:30 p.m.	A Place for Girls, Chesapeake
Monday, December 16, 2013	8:00-9:30 p.m.	A Place for Girls, Chesapeake
Tuesday, December 17, 2013	9:00-10:30 a.m.	A Place for Girls, Chesapeake
Tuesday, December 17, 2013	6:00-7:30 p.m.	Tyrell Library, Columbia, NC
Wednesday, December 18, 2013	10:30 a.m. – 12:00 noon	Russell Memorial Library, Chesapeake

Wednesday, December 18, 2013	6:00-7:30 p.m.	First Christian Church, Hampton
Thursday, December 19, 2013	9:00-10:30 a.m.	Thalia United Methodist Church, Virginia Beach
Thursday, December 19, 2013	6:00-7:30 p.m.	Thalia United Methodist Church, Virginia Beach

[Register Here](#)

Archery Instructor Course

This course will teach you the basic steps of shooting, preparing you to instruct archery courses for Girl Scout groups.

Length: 6 hours

For: Any registered Girl Scout volunteer and girls over the age of 15.

Prerequisite: Girl Scouting 101

Cost: \$40

Date	Time	Location
Saturday, November 30, 2013	8:30 a.m.-2:30 p.m.	Camp Apasus, Norfolk

[Register Here](#)

Introduction to Canoe Basics

Learn basic tandem and solo strokes and more. Boats, personal flotation devices and paddles are provided. Dress in swimming attire and flexible shoes that can get wet.

Length: 8 hours

For: For any registered adults interested in teaching the basics of canoeing to girls. Small Craft Safety is required before taking girls out.

Prerequisite: Must be able to pass a swim test.

Cost: \$15

Date	Time	Location
Saturday, May 31, 2014	9 a.m.-5 p.m.	Camp Darden, Courtland
Saturday, August 16, 2014	9 a.m. – 5 p.m.	Camp Skimino, Williamsburg

[Register Here](#)

American Red Cross Small Craft Safety

Provides information necessary to prevent, recognize and respond to small craft emergencies safely. Course meets Safety Activity Checkpoint requirements for canoeing with girls. Course does not teach canoeing skills. Participants need basic canoeing skill before taking course.

Length: 8 hours

For: For any registered adults interested in teaching the basics of canoeing to girls. Small Craft Safety certification is required before taking girls out.

Prerequisite: Basic canoeing skills

Cost: \$35

Date	Time	Location
Sunday, June 1, 2014	9 a.m.-5 p.m.	Camp Darden, Courtland
Sunday, August 17, 2014	9 a.m. – 5 p.m.	Camp Skimino, Williamsburg

[Register Here](#)

Overnight Option: Participants attending both Canoe Basics and ARC Small Craft Safety may spend the night at the camp where the classes are held. Please indicate intent to stay overnight when registering for Canoe Basics or ARC Small Craft Safety.

Adventure Games & Initiatives

Adventure Games and Initiatives are exciting activities which involve the whole group in a cooperative process where everyone wins and feels good about participating! The activities are designed to build self-esteem, teamwork, teach conflict resolution and enhance communications and problem solving skills.

Length: 8 hours

For: Any registered Girl Scout volunteer age 18 or older

Prerequisite: Girl Scouting 101 or Volunteering for Girl Scouts Series & Events

Cost: \$15

Date	Time	Location
Saturday, March 1, 2014	9 a.m.-5 p.m.	Camp Skimino, Williamsburg
Saturday, September 27, 2014	9 a.m. – 5 p.m.	Camp Darden, Courtland

[Register Here](#)

Challenge Course & Ropes Initiatives

Part 2 of Challenge Course Ropes & Initiatives Facilitator Training includes Girl Scout activities that are appropriate for adults to do with Girl Scout Juniors, Girl Scout Cadettes, Girl Scout Seniors, Girl Scout Ambassadors and adults. Completion of this class meets the requirements for an adult to become a low ropes course facilitator using the Camp Skimino course if trained on the Camp Skimino course or Camp Darden course if trained on the Camp Darden course, and meets the guidelines in *Safety Activity Checkpoints*. Learn to facilitate activities on fixed initiatives and low ropes course elements. Experience more games and problem solving activities, learn spotting techniques, how to use the obstacles and elements, and maintain safety.

Length: 8 hours

For: Any registered Girl Scout volunteer age 18 or older

Prerequisite: Adventure Games & Initiatives

Cost: \$15

Date	Time	Location
Sunday, March 2, 2014	9 a.m.-5 p.m.	Camp Skimino, Williamsburg
Sunday, September 28, 2014	9 a.m. – 5 p.m.	Camp Darden, Courtland

[Register Here](#)

Overnight Option: Participants attending both Adventure Games & Initiatives and Challenge Course & Ropes Initiatives may spend the night at the camp where the classes are held. Please indicate intent to stay overnight when registering.

CPR/AED/First Aid

American Safety & Health Institute CPR, AED and Basic First Aid

This course covers adult and child CPR, basic first aid, and how to use an AED. This is a two (2) year certification.

Length: 4 hours

For: Any registered Girl Scout volunteer

Prerequisite: Must be a registered member

Cost: \$40

Date	Time	Location
Saturday, November 9, 2013	6:00-10:00 p.m.	A Place for Girls, Chesapeake
Thursday, November 14, 2013	6:00-10:00 p.m.	Crooks United Methodist Church, Yorktown
Wednesday, November 20, 2013	6:00-10:00 p.m.	A Place for Girls, Chesapeake
Thursday, December 12, 2013	6:00-10:00 p.m.	Crooks United Methodist Church, Yorktown
Monday, December 16, 2013	6:00-10:00 p.m.	A Place for Girls, Chesapeake
Thursday, January 23, 2014	6:00-10:00 p.m.	Kings Grant Presbyterian Church, Virginia Beach
Thursday, February 6, 2014	6:00-10:00 p.m.	A Place for Girls, Chesapeake

[Register Here](#)

American Safety & Health Institute CPR, AED and Basic First Aid classes are also offered [here](#).

Outdoor Education

Outdoor I: Cabin Camping

The course will prepare volunteers to introduce girls to outside adventures. Emphasis is on knowledge of outdoor skills: Meal planning and preparation (involving actual cooking/clean up), use of kaper charts, propane stoves, knot tying, knife safety and protection of the natural world. You will be preparing a one-pot entrée along with a no cook recipe as well as cooking using foil. You should plan on eating during this course.

Length: 4 hours

For: Adult volunteers planning an overnight stay with girls in a walled facility

Prerequisite: Troop Paperwork & Trip Planning

Cost: \$7

Date	Time	Location
Monday, November 18, 2013	9:30 a.m. – 1:30 p.m.	Camp Apasus, Norfolk
Sunday, February 9, 2014	1:00-5:00 p.m.	Burke's Mill Pond, Gloucester
Saturday, March 1, 2014	10:00 a.m. – 2:00 p.m.	A Place for Girls, Chesapeake
Sunday, March 2, 2014	1:00-5:00 p.m.	Camp Apasus, Norfolk
Saturday, October 11, 2014	10:00 a.m. – 2:00 p.m.	Camp Apasus, Norfolk
Sunday, October 12, 2014	1:00-5:00 p.m.	A Place for Girls, Chesapeake

[Register Here](#)

Outdoor II: Basic Troop Overnight Camping

This overnight session is designed to provide volunteers with the skills and knowledge to accompany girls on a camping trip. Emphasis is on site set-up (tent and kitchen fly set-up and dishwashing), group cooking safety and program resources. Camp fires, ecology and night activities will also be introduced. Attendance at a pre-course

planning session is required. The planning session will cover what items to bring, menu, and other details pertaining to the overnight portion of the course.

- Length:** Pre-course – 3 hours, Overnight – 27 hours
- For:** Adult volunteers planning camping trips with girls
- Prerequisite:** Outdoor I: Cabin Camping
- Cost:** \$5 plus the cost of menu (determined by patrols)

Date	Time	Location
Pre-course: Mon, March 10, 2014 OR Thu, March 13, 2014 Overnight: Mar 22-23, 2014	6:30-9:30 p.m.	A Place for Girls, Chesapeake
	6:30-9:30 p.m.	Crooks Memorial United Methodist Church, Yorktown
	8 a.m. (Sat)- 11 a.m. (Sun)	Camp Darden, Courtland
Pre-course: Mon, October 20, 2014 OR Thu, October 23, 2014 Overnight: November 1-2, 2014	6:30-9:30 p.m.	A Place for Girls, Chesapeake
	6:30-9:30 p.m.	Crooks Memorial United Methodist Church, Yorktown
	8 a.m. (Sat) – 11 a.m. (Sun)	Camp Skimino, Williamsburg

[Register Here](#)

Outdoor III: Advanced Camping Skills

This two-part course is designed for adults with camping experience to learn advanced cooking methods, program and outdoor skills. Emphasis is on advanced lashing, compass skill sand nature exploration. Attendance at a pre-course planning session is required. The planning session will cover what items to bring, menu, and other details pertaining to the overnight portion of the course.

- Length:** Pre-course 3 hours, Overnight 27 hours
- For:** Adult volunteers planning primitive camping trips with girls
- Prerequisite:** Outdoor II: Basic Troop Camping
- Cost:** \$5 plus the cost of menu (determined by patrols)

Date	Time	Location
Pre-course: Sunday, April 6, 2014 Overnight: April 26-27, 2014	2-5 p.m.	Camp Apasus, Norfolk
	8 a.m. (Sat) - 11 a.m. (Sun)	Camp Skimino, Williamsburg

[Register Here](#)

Outdoor IV: Backpacking

Learn advanced skills needed to introduce girls to a new level in outdoor progression. Take a short trip to practice and visit one of the many trails within 3-4 hours of our council.

- Length:** Pre-course 3 hours, Overnight 27 hours
- For:** Experienced adult volunteers planning to backpack with older girls
- Prerequisite:** Outdoors I, II, & III
- Cost:** \$30

Pre-course: Wednesday, April 22, 2014 Overnight: Friday, May 23 – Sunday, May 25, 2014	6:30-9:30 p.m.	A Place for Girls, Chesapeake
	12 noon (Fri) – 4:30 p.m. (Sun)	Blue Ridge Mountains

[Register Here](#)

Facilitator Courses

Effectively Facilitating Adult Learning

This course focuses on developing facilitation skills that will prepare participants to deliver learning sessions to a group of adult learners utilizing the three learning styles and to become more comfortable with speaking in front of a group of people.

Length: 6 hours

For: Volunteers who want to be a Girl Scout Adult Facilitator

Prerequisite: Girl Scout's 101, Volunteer and Adult Learning application

Cost: Free

Date	Time	Location
Saturday, February 1, 2014	10 a.m.-4 p.m.	Manteo Field Office, North Carolina

[Register Here](#)

Classes by Request

Custom classes may be requested by submitting a [Classes by Request](#) form, which can be found in the forms section of the council website. A minimum of five participants required. Requests must be made no less than six weeks in advance of a preferred date. At least two choices of dates must be indicated. For classes requiring fees, payment must accompany registrations. See [Classes by Request](#) form for more details and submission instructions.

Volunteer Course Guidelines

Who can attend? - Any registered adult or girl member age 14 or older (with a parent permission slip & Girl Health History) may attend volunteer courses.

Registration - Registration deadline is one week prior to each course. Participants must register for courses online at gccc.org. Class sizes are limited by facility, type of course and number of facilitators.

Fees - Courses are offered at a minimal cost to participants to cover materials associated with the course. Fees must be included at the time of registration and will not be taken by the facilitator at the time of the class.

Cancellations - Classes are planned for the number of persons enrolled by registration deadline. If you will not be attending, you must cancel at least three days prior to the class. To cancel, call the council office at

(757) 410-1463 from outlying areas, 1-800-77SCOUT, Ext. 1248. If classes are cancelled by the council due to low enrollment or unforeseen circumstances, every effort will be made to contact individuals in a timely manner. Cancellations and schedule changes will be posted on the volunteer information hot line (757) 547-8346.

Credits/Refunds - Credits or refunds will only be issued for council initiated class cancellations or when registration cancellations are made at least three days prior to the start of class. A credit for the full cost of the class will automatically be applied to your account for future adult learning or program registrations. Requests for refunds must be made in writing and will only be issued in amounts greater than \$10.

Additional Notes:

- Courses will begin and end promptly. To receive credit for the course, you must arrive on time and stay for the entire course.
- Do not bring children to adult volunteer courses. Babysitting services are not available.
- New courses may be added to the schedule and will be advertised at gsccc.org.
- For the most up-to-date schedule click [here](#).
- If special assistance or accommodations are required, contact the Customer Data Specialist at
- (757) 410-1463 or 1-800-77SCOUT, Ext. 1248 and complete the special needs line when registering for the course.