

## Generation Green Outdoor Training Pack

### Purpose of the training

The aim of this Outdoor Training is to build the confidence and skill level of Girlguiding volunteers in order to help encourage and support them to offer more residential, camping and outdoor opportunities to young members, to create connections and have fun. They will learn new skills and how to run and support specific outdoor activities.

### Who is it aimed at?

This training is best suited to volunteers with little to no experience in running outdoor activities, or for those looking to refresh their skills in the topic areas. It should be pitched as an interactive, confidence building opportunity - for those wanting an introduction/refresher to outdoor activities.

### Who can deliver the training?

Training should be delivered by people who have experience with delivering these topics to adults and who have the skills and knowledge for the topic areas they are delivering. They do not necessarily have to hold the Girlguiding training qualification, but we'd expect that they will have relevant experience of upskilling adults.

Training can be delivered by a range of different people depending on their skill set and your chosen topic areas. We recommend that you have a ratio of one trainer to every 6-8 participants for each session.

### What information do I need to deliver this session?

We have provided you with an overview of the type of activities that were delivered as part of this training through the Generation Green project. This document contains a variety of activity ideas and suggestions that cannot all be delivered within the time frame, but that you can pick and mix from. This training is best delivered when the trainer, or team of people delivering the sessions, incorporate their own passion, ideas and activities. We have therefore provided a rough guide, rather than a full timetable and structure.

### What type of venue should the training be delivered in?

This is outdoor training so the main training space should be outdoors, ideally on a field with access to a fire pit area or somewhere else that allows campfires. We suggest that you also have an indoor space or shelter available as a training area to aid some activities, store equipment and belongings and to use if the weather outside becomes unmanageable.

### How long is the training?

This training has been designed to be offered over two days, via four separate sessions. We would highly recommend that participants attend both days to get the full training experience. Each session should be around two and a half to three hours in length. Lunch and refreshment breaks should be included.

### Can I be flexible with how I deliver topic areas?

Yes, we have provided ideas for activities, but encourage trainers to plan their own sessions and timings.

### **Do I need a risk assessment?**

Yes. As with all training sessions you must complete a risk assessment before delivering the session. Consider the needs of your participants and be ready to explain at the beginning of each session any relevant safety information, like fire regulations for the venue.

### **What to wear**

We recommend that all trainers and participants come in clothes and footwear appropriate for outdoor activities and the weather conditions on the day(s).

### **Participant needs**

When planning your session, you will need to ensure the training organiser provides you with details of any learner needs so that you can adapt to meet these.

This could be:

- Having a wheelchair accessible venue
- Providing overlays or printed copies of any slides for people with dyslexia or learning difficulties. Providing large print versions of any resources, or sending resources in advance
- Adjusting timings or the length of breaks to fit in with prayer times
- Adjusting activities to suit any mobility issues of volunteers.

It's important to ask volunteers what they need rather than making assumptions, and as much as possible making adjustments that do not single specific people out. For example, if you are playing a game that requires people moving around and you have a participant with mobility issues, consider changing the game for the whole group instead of asking that person to sit out or do something different.

More information can be found on the Girlguiding website about [reasonable adjustments](#), what we are required to do by law and how we can support everyone to feel included.

### **General equipment / resources for the whole event**

- |   |   |                     |
|---|---|---------------------|
| • Completed risk assessment for the event and each activity | • First aid kit                           | • Tables and chairs |
| • Participant emergency contact details                     | • Mobile phone                            | • Refreshments      |
|   | • Stationary (pens, pencils, paper, etc.) | • Cleaning products |

## WALKING

**Aim:** To introduce/refresh participants knowledge around basic walking, map reading and navigation skills, so they feel confident enough to run new activities to get more girls and young women outdoors.

**Objectives:**

1. Increase participants confidence in taking girls on walks
2. Increase participants confidence in map reading and navigation skills
3. To provide participants with activity ideas and/or games that they can use when they return to their unit or local Girlguiding area
4. Share ideas and best practice for getting Girlguiding members undertaking more walking based activities.

### Activity ideas / topics

- Map symbols - Match the map symbol to the descriptions
- Understanding grid references
- Using a compass
- Walking on a bearing
- Pacing
- Explore an Ordnance Survey map cut up into jigsaw pieces - make up the jigsaw and familiarise yourself with the features
- Contour shapes with play dough and/or LEGO
- Compare 1:25 000 map to 1: 50 000 map for the same geographical area
- Leave No Trace principals

### Suggested equipment / resources

- Compasses
- Maps of the geographical area you are in (1:50000 / 1:25000)
- Maps of training venue
- Orienteering maps
- Long measuring tape or trundle wheel
- [Ordnance Survey symbol flashcards](#)
- [A beginner's guide to finding grid references](#)
- [Beginners guide to understanding map contour Lines](#)
- [Leave No Trace principles](#)

## CAMPFIRES and OUTDOOR COOKING

**Aim:** To introduce/refresh participants knowledge around the skills, equipment and resources needed to safely build and maintain a campfire, as well as different methods and equipment used for outdoor cooking so that they can enjoy these activities with young members.

**Objectives:**

1. Increase participants knowledge around how to safely light a fire and keep it burning, using natural resources if possible
2. Show participants how to safely use other outdoor cooking equipment such as camping stoves / burners and appropriate fuels (gas/spirits)
3. Increase participants confidence and understanding, allowing them to practice and demonstrate these different methods
4. Share ideas and provide real examples of what you can cook using a campfire or other outdoor cooking equipment
5. Share best practice and your own knowledge on when and where you might use these different methods.

### Activity ideas / topics

- Cooking with gas using a camping stove / burner. Include how and where to safely set-up equipment, how to connect gas, storing equipment and ideas about what to cook
- Lighting and maintaining a campfire
- What to cook on a campfire - idea sharing
- Cooking on a campfire - bring along something that everyone can cook and enjoy together
- Fire safety and risk assessments

### Suggested equipment / resources

- How to cook with gas video <https://youtu.be/dEXClm1J5Ho>
- How to build a campfire video <https://youtu.be/vZ0zy2XeXsQ>
- Wood / kindling / tinder
- Gas / spirits
- Lighter / matches / flint and steel kit
- Trangia / spirit burner / gel burner / gas adaptor
- Cooking stove(s) / burner(s)
- Gas regulator and hose (suitable for use with stove/burners being used)
- Cooking equipment (pots, pans, bowls, trays, surface protectors cutlery etc.)
- Cooking ingredients
- Washing-up equipment
- [Girlguiding risk assessment forms](#)
- Fire bucket and fire blanket

## CAMPING SKILLS

**Aim:** To give participants real life experiences of different equipment, skills and safety requirements involved in camping so they feel more confident to take young members on camping trips or to complete their Going Away With Licence and additional modules of the scheme.

**Objectives:**

1. Introduce participants to the equipment they may need while camping and setting up a camp site
2. Introduce participants to different types of tents appropriate to their needs, and set up at least one type of tent with them
3. Explore with participants how to safely set up a camp site and what might be involved in this
4. Explore the safety requirements and processes needed when camping
5. Share ideas and best practice on what makes a successful camping experience.

### Activity ideas / topics

- All about tents. Different types of tents, how to put up a tent, pros and cons of different tents
- Bedding rolls
- Setting up a camp site
- Kitting out your camp - what equipment is needed
- Health and safety while camping
- Jobs for the young members during residential
- Forms and risk assessments
- What happens when something goes wrong - repairing tents, broken equipment, first aid, emergencies

### Suggested equipment / resources

- How to put up a tent video [https://youtu.be/ym\\_tCyfD-dg](https://youtu.be/ym_tCyfD-dg)
- How to make a bed roll video <https://youtu.be/8grvHghyf-0>
- Top tips for completing a REN form <https://youtu.be/BQ6Xco3K2j4>
- Tents (different sizes, makes and types)
- Mallets
- Different peg types
- Ground sheet, sleeping bag, pillow, teddy and rope (bedding roll)
- Tent repair kit, paracord, tape, cable ties

## BUSHCRAFT, CAMP CRAFT and GENERAL OUTDOOR ACTIVITIES

**Aim:** To use Bushcraft, camp craft and general outdoor activities to equip participants in learning essential outdoor living skills, build confidence and understand how to be self-reliant in a wilderness scenario by introducing them to key topics areas and skills. Participants will look at how they can assess risk, keep a group safe and deliver fun and engaging bushcraft/camp craft / outdoor activity sessions.

**Objectives:**

1. For participants to learn new skills such as running scavenger hunts, constructing a shelter, maintaining successful fires using a variety of ignition methods, making useful camp craft items, and the safe and effective use of knives
2. Ensure that participants understand the safety considerations of all activities and any equipment that is used
3. Explore how Bushcraft, camp craft and general outdoor activities can also be used to aid and teach other life skills such as teamwork, communication, creativity, and resilience
4. Explore how camp craft and other general activities can be organised and delivered
5. Share best practice and your own knowledge on when and where you might use these different methods.

### Activity ideas

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Safe and effective use of knives and saws</li> <li>• Making useful camp craft items</li> <li>• Establishing and maintaining fires by; bow drill, flint and steel and other methods as well as how to keep the group and environment safe</li> <li>• Leaving No Trace principles</li> <li>• Natural navigation</li> <li>• Building shelters</li> <li>• Finding and making water safe to drink</li> </ul> | <ul style="list-style-type: none"> <li>• Health and safety considerations</li> <li>• Whittle, make or thatch your own tools and cutlery</li> <li>• Use different knots and lashings to make something useful for your campsite</li> <li>• Pioneering skills (building rope ladders, bridges, towers, a-frames etc.)</li> <li>• Wide games / Outdoor games</li> <li>• Scavenger hunts</li> <li>• Time looking at Girlguiding forms</li> </ul> |
|--|--|

### Suggested equipment / resources

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Steel flint and char cloth fire lighter</li> <li>• Flint and steel kit - Magnesium fire starter kit</li> <li>• Fire bucket and blanket</li> <li>• Relevant outdoor activity equipment</li> <li>• Steel wire wool</li> <li>• Bow drill</li> <li>• Poles, Rope and string</li> <li>• Frapping tool (pioneering)</li> <li>• Hessian sacking to protect trees if necessary for pioneering activity</li> </ul> | <ul style="list-style-type: none"> <li>• Bushcraft / whittling knives</li> <li>• Wood / logs</li> <li>• Tarpaulin(s)</li> <li>• Protective gloves</li> <li>• Gravel / rocks</li> <li>• Cooking equipment (pots, pans, bowls, trays cutlery etc)</li> <li>• <a href="#">Girlguiding risk assessment forms</a></li> <li>• <a href="#">REN form</a></li> <li>• <a href="#">Home contact form</a></li> <li>• <a href="#">Health information form</a></li> <li>• <a href="#">Information and consent form</a></li> </ul> |
|--|---|