OAL 1 FOUNDATION - an all-day training covering all the modules required for Indoor Camping knowledge, and will have OAL 1 Foundation added to their iMIS records. PLEASE NOTE! The OAL 1 Pin now requires an ADDITIONAL component, "Getting Outside", that runs 2-2.5 hours. THIS WILL NOT BE COVERED IN THIS ALL DAY TRAINING. In order to earn the OAL 1 pin, participants will need to take this component at a later time. It may be offered locally, and will be offered at CHOICES in the fall.

"GETTING OUTSIDE" - this half-day training will run SEPARATELY from the all-day training in the AFTERNOON ONLY. Participants can take one OR the other, not both. This 2.5 hour session will complete the second part of the requirement for the OAL 1 pin, and will facilitate Guiders in planning engaging outdoor activities at camps, but also for weekly meetings.

The following sessions run for 75 minutes, to be offered in the MORNING only:

"CAMPING PLUS 1" – for Guiders who have OAL I, or who have done some indoor camping, but who now "know what they don't know". This session will answer those questions you didn't know to ask, or help to solve particular problems you've encountered in an indoor camping environment. . Please send your questions or topics you want reviewed to the ATA as soon in advance as possible, so the trainer can tailor the presentation to your needs.

"CAMPING PLUS 2" – for Guiders who have OAL II, or who have done some tent camping, and who now realize they need more support. This session will answer those questions you didn't know to ask, or help to solve particular problems you've encountered in an outdoor tent camping environment. Please send your questions or topics you want reviewed to the ATA as soon in advance as possible, so the trainer can tailor the presentation to your needs.

"Want to Know About RED Activities?" – an experienced Guider and RED SafeGuide Assessor will lead you through what differentiates Yellow and Red activities in Safe Guide, how to prepare, things to watch for, and how to avoid paperwork pitfalls.

- "ACTIVE GAMES 1" for Guiders looking for game ideas to keep their units moving in an <u>indoor</u> setting. There will be ideas for all branch levels.
- "SafeGuide Refresher" SafeGuide gets regular updates, and it's sometimes hard to keep abreast of the changes. A SafeGuide Assessor will help you understand the paperwork required (or not required) for your planned activities, and help you through potential paperwork pitfalls. Bring your questions.

"Girls First Platform Tips and Tricks" – No need to experience frustration and unnecessary time expenditure once you've learned a few navigation shortcuts, tips, and tricks!

The following sessions will run for 75 minutes, to be offered in the AFTERNOON only.

"They Won't Eat WHAT? - Handling Food Restrictions - the new reality for Guiders is that almost every unit has at least one member who is either sensitive to, intolerant of, or CANNOT EAT specific foods, OR who eats a restrictive diet (vegetarian, vegan, etc.) Discover some strategies for handling these various food challenges in ways that avoid exclusion, while still keeping participants safe, happy, and well-fed.

"ACTIVE GAMES 2" – For Guiders looking for wide game ideas for the units in an outdoor setting, whether at camp, or meeting outside. There will be ideas for all branch levels.

The following 75-minute sessions will be offered in BOTH morning and afternoon, as long as numbers warrant.

"HEADS UP! Hat Crafts and Traders" – for Guiders looking for new ideas for crafty items to make at meetings, particularly since "Rally Across BC" is coming up in late May. You will get hands-on experience, learn how hat crafts are useful, and discover the difference between a hat craft and a trader.

"What's QM-ing?" – for new and more experienced Guiders who want to better understand the role of the Quartermaster (the Camp Cook), from planning menus and quantities, to tips and tricks in the kitchen, whether camping indoors or outdoors.