



**OTEX** – Outdoor Training Extravaganza is an outdoor skills training program for adult volunteers offered twice a year. The program provides training opportunities in kayaking, canoeing, sailing, camp training, archery, and chef training. The mission of OTEX is to grow volunteers’ knowledge, skills, and confidence across outdoor activities to ensure they are able to provide safe and fun outdoor experiences for their Girl Scouts.

## **Program Descriptions:**

**Sailing** — Learn sailing fundamentals including important vocabulary, safety skills, and how sailboats work. Successful completion of this class enables participants to facilitate sailing activities at Camp Kateri only. To complete the Gateway Sailing Certification, participants must also complete a sailing program facilitation for girls during Aquatics Weekend.

**Canoeing** — Learn the basics of recreational canoe paddling including strokes, games, group safety and rescue skills. Successful completion of this class enables participants to facilitate canoe activities on Gateway properties only. To complete the Gateway Canoeing Certification, participants must also complete a canoe program facilitation for girls during Aquatics Weekend.

**Kayaking** — Explore McCarthy Lake and learn the basics of recreational flat water kayak paddling including strokes, games, group safety and rescue skills. Successful completion of this class enables participants to facilitate kayaking activities on Gateway properties. To complete the Gateway Kayaking Certification, participants must also complete a kayak program facilitation for girls during Aquatics Weekend.

**Camp Training** — Learn about important camping fundamentals, outdoor progression, safety procedures, and council policies that are essential to troop camping success. This exciting overnight session will meet the Gateway Camp Training requirement, enabling participants to guide girls on day, overnight, or multi-night outdoor experiences beyond the council properties, including state parks, established campgrounds, or back-country camping.

**Archery** — This program provides a USA Archery Level 1 Instructor certification. Participants will learn about range safety and setup, the steps of shooting, equipment and repair, programs and lesson plans. This certification allows you to rent and use the archery equipment at Gateway properties. To successfully complete the requirements for this certification, participants must successfully pass the USA Archery Level 1 Instructor Certification online course, including the online exam.

**Chef Training** — Get hands-on experience in operating kitchen equipment and meal preparation, as well as health and safety guidelines. Training also covers menu planning, budgeting, and ordering of supplies. This training does not provide an external certification, but successful completion does provide the knowledge and experience to operate the Camp Kateri kitchen.

## **Aquatics Program**

**Aquatics Council Own Patch**- stripes, rocker Aquatics Leader Aid



Aquatics is a progression program designed to help girls learn and build their skills in a variety of outdoor activities including canoeing, kayaking, sailing, and archery. Aquatics is a weekend long overnight program that takes place at council properties. Two consecutive Aquatics weekends are scheduled in the fall and spring. When Girl Scouts attend an Aquatics program they earn a council owned patch. For every session that is completed at Aquatics, a Girl Scout can earn a stripe in that designated event. When a Girl Scout earns five stripes (one of which must be a level 2 water class) they earn the distinction of Aquatics Leader Aid. Aquatics Leader Aids have the opportunity to help facilitate and lead Aquatics programming for younger Girl

- **Canoe 1** – Girl Scouts will have fun learning basic canoe strokes and concepts of canoe safety, including how to get in and out safely and how to handle a capsized canoe. Girls will enjoy a day on the water, while learning basic canoe skills and playing Canoe Tag. Girl Scouts who complete this course will earn the Canoe 1 training stripe.
- **Canoe 2** – Girl Scouts will become proficient in the paddling strokes and maneuvers they learned in Canoe 1, then learn new strokes, and sweeps to strengthen their skills. Girl Scouts who complete this course will earn the Canoe 2 training stripe.
- **Canoe 3** – Girl Scouts strengthen their skills from Canoe 1 and 2 and prepare for a day trip down a river by practicing new canoeing strokes and deep-water entry maneuvers. The trip is during the second weekend of this two-weekend course. Girl Scouts who complete this course will earn the Canoe 3 training stripe.
- **Kayak 1** – Girl Scouts learn basic kayaking strokes and safety including how to steady a kayak, how to get in and out of a kayak, and how to complete a wet exit in a kayak. Girls will take a tour of McCarthy Lake and find out what Dead Fish Polo is all about! Girl Scouts who complete this course will earn the Kayak 1 training stripe.
- **Kayak 2** – Girl Scouts will take their kayak skills to the next level during this two-weekend course. Girls will strengthen skills learned in Kayak 1 and then take a day trip to a river during the second weekend. Girls who complete this course will earn the Kayak 2 training stripe.
- **Sailing 1** – Girl Scouts will set sail on McCarthy Lake as they learn the basics of sailing. Girls will find out how to read the wind, tack, jibe, and most importantly, have fun! They will run a course in Optimus Prams and feel the wind in their sails. Girls who complete this course will earn the Sailing 1 training stripe.
- **Sailing 2** – Girl Scouts will expand their sailing and teamwork skills as they guide a Laser through the water during this one weekend course. Girls will learn how to independently rig their boat and compete in a sailing regatta. Girl Scouts who complete this course will earn the Sailing 2 training stripe.
- **Archery** – Girl Scouts will learn the fundamentals of archery including range safety and setup and the steps of shooting. They will build their skills through practice and learning tips and tricks from the experts. On Sunday girls will test their skills by participating in a Gateway tournament. Girl Scouts who complete this course will earn the Archery training stripe (Cadettes will also compete all of the requirements of the Archery badge, this badge is not included in the training).