

OCCOQUAN DISTRICT TRAINING COURSE DESCRIPTIONS

(Note: this document borrows heavily from Tayac District's training materials, for which Occoquan District is sincerely grateful.)

Category	Specific Course	Level At Which Training Typically Occurs				
		Unit	District	Service Area	Council	Online
Basic Training Applicable To All Scouting Programs	FASTSTART	X				
	NLE		X			
	COR		X			
Elective Training Applicable To All Scouting Programs	YPT		X			X
	OSST		X			Some
	UofS				X	
	Woodbadge				X	
Basic Training Applicable To Cub Scouting	TDC				X	
	CSLST		X			
Elective Training Applicable To Cub Scouting	BALOO			X	X	
	OLSWL			X	X	
	POW-WOW				X	
Basic Training Applicable To Boy Scouting	BSLST -SM		X			
	IOLS		X			
	BSLST - TC		X			
	DCTC		X			
Basic Training Applicable To Venture & Varsity Scouting	Impeesa				X	
	VSLST		X			
Elective Training Applicable To Both Boy & Venture Scouting	BCOLS				X	
	Wilderness First Aid				X	
	High Adventure Leader Training				X	
	Powder Horn				X	

Basic Training Courses Applicable To All Scouting Programs

1. **New Leader Essentials (NLE):** Here is where it all begins. Under the revised BSA training program New Leader Essentials is the entry level course required for all Scout leader training: Cub Scout, Boy Scout, Venture and Varsity Scouting. It is the foundation for building award winning "Quality Units". It is a fast paced 2 hour program. The course gives new leaders an overview of the entire Scout program. It covers: the purposes, aims and methods of Scouting; organization and structure of Scouting units; program funding; safe Scouting; and, the appropriate teaching methods for all ages and stages of youth and young adults. This course is offered in Occoquan District at the Spring and Fall District training days, and on the second Thursday night in each January. You do not need to repeat this class as you take additional leader specific training for new Scouting positions you may move in to; although taking it as a refresher is recommended for adults who may have had an extended hiatus from Scouting since they last took it.
2. **Chartered Organization Representative (COR):** COR Training is for scouters and other adults who are new to the COR role and provides an overview of the responsibilities associated with this critically important position. The training takes only 2 hours. New Leader Essentials is not a prerequisite for COR Training but is recommended for CORs not familiar with the Scouting program.

Elective Training Courses Applicable To All Scouting Programs

3. **Youth Protection Training (YPT):** Youth Protection Training provides adult volunteers with an understanding about child abuse and the youth protection policies of the Boy Scouts of America. This course is appropriate for every adult working with youth and may be mandatory to work at, or participate

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in, certain Council or National sponsored events. At least one adult must be trained in Youth Protection and in attendance at any Scouting event that requires a local tour permit. Re-certification is required every two years. This course is offered in Occoquan District at the Spring and Fall District training days, and on the first Thursday night each February. Adults who want to attend Youth Protection Training but do not need the position specific training are welcome to come to these events just for the Youth Protection Training part. Sessions can also be scheduled for units or other groups upon request. Although it is not mandatory to take this training in a resident course (it is also available online), resident attendance is encouraged for leaders' initial iteration of this training, if possible. The online version is available by going to the NCAC web-site home page and clicking on Youth Protection under the Training tab.

4. **Outdoor Skills Safety Training (OSST):** Training is offered periodically on how to conduct outdoor activities such as swimming, boating, trekking, and rock climbing safely and in accordance with BSA Policies. Occoquan District offers these classes several times a year; however, water safety is also now available online. Check the Scouter's Digest, Occoquan District Yahoo Group, and the NCAC web site for current information on these classes. The BSA Guide to Safe Scouting and Safety Afloat are posted on the BSA National Council web site at www.boyscouts-ncac.org or under adult leader publications and resources. Hard copy editions are available at the Scoutshop.
5. **University of Scouting (UofS):** The highlight NCAC training event of the year is the University of Scouting. This is a once-a-year opportunity to pick just the classes you want from more than a hundred being offered covering Cub Scouting, Boy Scouting, Varsity Scouting, Venturing, and District Operations. There will be specialized training in a wide variety of subjects, typically along with the full range of safety certification programs including BALOO. You can come to earn credits towards a Scouter's Bachelors, Masters, or Ph.D. degree or come just for the courses, fun, and great fellowship.
6. **Wood Badge:** Wood Badge for the 21st Century is advanced leadership training designed for all Cub, Scout, Varsity and Venturing leaders who have completed basic training. It is a leadership skills course, based on a format originally created by Scouting's Founder, Lord Robert Baden Powell and is considered the "Ph.D." of Scout training. The course is held over three days over two weekends about a month apart. Participants are required to attend each weekend in its entirety, including all day on Friday (usually arriving by 8:00 AM). The course will deal with cutting edge leadership and management skills while using a structure built on Scouting's organization and unit program. More information and registration info can be obtained from the council website (www.boyscouts-neac.org). Click on "Training" and then "Wood Badge" to get the data and forms to download.
7. **Trainer Development Conference (TDC):** This is training for trainers; it's for anyone interested in improving their training techniques and presentation skills. It is required for trainers at the District level and above, and all Woodbadge instructors. After applying what's learned in class during a training event (e.g., a District Training Day) attendees can be awarded the "Trained to Train" patch.

Basic Training Courses Applicable To Cub Scouting

8. **Cub Scout Leader Specific Training (CSLST):** This training is for all Cub Scout leaders serving in any registered position. The course has a general introduction to Cub Scouting followed by individual seminars for leaders who are Tiger Den Leaders, Cub Scout Den Leaders, Webelos Den Leaders, Cubmasters and Assistant Cubmasters, and Committee Members. These sessions are called Position Specific Training. If a Cub Scout leader changes jobs in the Pack, the leader must go back to training to attend the Position Specific Training for his or her new position. The training lasts about 2 1/2 hours and includes videos, discussion and handouts. New Leader Essentials is a prerequisite for this class but need not be repeated for those who are coming only to be trained in a new Cub Scout leader position.

Elective Training Courses Applicable To Cub Scouting

9. **Basic Adult Leader Outdoor Orientation (BALOO):** This is an all day training session designed to provide adults with the basics for taking packs on overnight activities, providing an age appropriate program, and avoiding surprises. A tour permit is required for all overnights where a Pack is

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organizing the event, even if it is at your meeting place. NCAC requires a copy of the BALOO training card be attached to overnight local tour permit applications before they will approve your event. BALOO covers basic camping skills with a heavy emphasis on the BSA-approved techniques for providing a safe and fun camping experience for both cubs and their parents and leaders. Program topics include activity planning, program ideas, campfire planning, equipment, cooking, sanitation, safety and first aid. BALOO training is not mandatory for Webelos den camping. It is recommended that each Pack have several BALOO trained adults as backups.

10. **Outdoor Leader Skills For Webelos Leader (OLSWL):** This course replaces the prior Webelos Leader Outdoor Training (WLOT) course. It differs from BALOO in that it is taught in an outdoor setting rather than in a classroom. There is an emphasis not only on basic camping and outdoor skills, but also on completion of activity badges that can best be accomplished in an outdoor setting. OLSWL provides a how-to, hands-on, training experience in planning and conducting Webelos outdoor and overnight activities. It reinforces, without duplicating, what you learned in position specific training which is recommended, but not a prerequisite for attendance. OLSWL is not mandatory to take Webelos dens camping.
11. **Pow Wow:** Pow Wow is the premier Cub Scout Leader training event of the season. This all-day event offers approximately 50 different Cub Scout related classes over the course of a day, typically including both basic and elective training. There will be classes of interest to leaders and parents serving in every position in Cub Scouting. There are no prerequisites. Students pick their own schedule of up to six classes to ensure their time is spent in classes most closely aligned to their cub leader positions and areas of interest. The cost is usually about \$25.00, which pays for course materials.

Basic Training Courses Applicable To Boy Scouting

12. **Boy Scout Leader Specific Training – Scoutmaster (BSLST – SM):** This is a day long class focusing on the tasks that Scoutmasters (SMs) and Assistant Scout Masters (ASMs) have to deal with routinely. This is the second of three required training sessions to be considered trained and to wear the trained strip as a SM or ASM (the other sessions being New Leaders Essential and Introduction to Outdoor Leader Skills). It will provide you with a basic understanding of what it means to become a Boy Scout leader and how to foster and lead a boy-run, patrol-based troop.
13. **Introduction to Outdoor Leader Skills (IOLS):** This is a two-day program of instruction designed to teach scouting leaders skills in the outdoors. It starts on a Friday evening and ends at about 8:00pm on Saturday. It is designed to address the outdoor training needs of Scoutmasters, Assistant Scoutmasters, Troop Committee Members, Venturing Leaders, District Staff, and Webelos Den Leaders. Attendees will camp out using their own or shared equipment and will cook their meals in a patrol setting. Formal skills training sessions include hands-on work and information for Scouting leaders in: Leave No Trace, ropes (whipping, tying, lashing), woods tools (knife, saw, ax), fire site preparation & building, cooking, first aid, plant identification, camp gadgets, campfire preparation, packing & hiking techniques, map & compass reading, animal identification and etc.
14. **Boy Scout Leader Specific Training - Troop Committee (BSLST-TC):** Boy Scout Troop Committee Training, also known as the Troop Committee Challenge, is designed for all members of the Troop Committee and interested parents. It is a half-day class, usually taught as part of Occoquan District's Spring and Fall Training Days. It is recommended the committee members take this training as a group. This training will help troop committee members deliver a quality program in support of the troop, the Scoutmaster, and the Scouts, by helping to build the commitment of individual committee members, as well as cultivating a better troop committee team.
15. **Den Chief Training Conference (DCTC):** This course, taught twice per year in Occoquan District, typically at the Spring and Fall District Training Days, is for Boy Scouts serving as Den Chiefs. The course trains these scouts in the necessary skills to take on and be successful at this vital youth leadership position. The course is designed to motivate Boy Scouts through fun, learning skills, playing games and participating in activities that will help them understand their role in the weekly Den meetings. Many Boy Scouts who become Den Chiefs were never Cub Scouts and this course helps them

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understand that program. Boys attending will be able to better lead and get along with Cub and Webelos scout age boys. Adult Boy Scout and Cub Scout leaders who manage the Den Chief programs for their Troops or Packs are welcome to come along and assist or observe.

- 16. Impeesa - Advanced Junior Leader Training:** The Impeesa Advanced Junior Leader Training course is the National Capital Area Council's presentation of the Boy Scouts of America Junior Leader Training Conference. The purpose of Impeesa is to support, not replace, the Scoutmaster's role in the training of junior leaders. Impeesa is a week-long experience designed to train the participant in team building and leadership in an outdoor long-term camping setting, calling on the use of First Class rank Scoutcraft skills. The course is conducted by a staff of volunteer Scouts and Scouters selected by the NCAC Junior Leader Training Committee and will have completed over six months of preparation by the start of the course. Impeesa is not another summer camp, but an intense and challenging leadership experience. There are no merit badges offered. Every game, activity, ceremony, and even each meal is designed to be part of a total training experience. Participants get very little free time, everything is keyed toward meeting the training objectives.

Basic Training Courses Applicable To Varsity & Venturing Scouting

- 17. Varsity and Venturing Scout Leader Specific Training (VSLST):** These are five hours courses (with one hour for lunch) in unit organization, leadership training, program development and resources, high adventure, awards and recognition, safety, and youth protection. These courses are designed for all adult leaders in these programs: advisors, coaches, committees, commissioners, and chartering organization representatives.

Elective Training Courses Applicable To Both Boy & Venturing Scouting

- 18. Back Country Outdoor Leader Skills (BCOLS):** Back Country Outdoor Leader Skills is offered by the Council Training Committee as an optional follow-on to the Introduction to Outdoor Leader Skills (IOLS) training described above. This course is designed to assist Scouters who are working with older youth using a backcountry venue. While this course provides exposure to skills useful in any backcountry activity, its primary focus is preparing adults for backcountry activities that will take place at locations not supported by BSA infrastructure such as backpacking trips along the Appalachian Trail. Topics include Leave No Trace, Risk Management, Terrain Awareness, Cooking, Equipment, and Resources.
- 19. Wilderness First Aid Course:** This course teaches techniques to treat injuries when medical help is more than 30 minutes away. This training is not required but is applicable to all high adventure outings and outdoor events in remote locations. Certification is good for three years. Requires two nights camping with own equipment and food.
- 20. High Adventure Leader Training:** High Adventure Leader Training covers basics for high adventure leaders, advisors, and parents sending their boys (and girls in Venturing) to a high adventure base type of activity. The class is required for Philmont advisors and recommended for adults taking scouts on other high adventure trips such as Lenhok'sin, Seabase, Maine and Northern Tier.
- 21. Powder Horn:** Powder Horn is a six-day course where adult leaders (Venturing, Varsity, and Boy Scout) get to learn about and do hands-on a variety of outdoor adventures, sports, and Venturing Ranger skills. It is like going to camp and getting to be one of the kids - without the kids around. You will learn SCUBA, canoeing and kayaking, sailing, climbing and rappelling, shooting, COPE, GPS and land navigation, horseback riding, caving, wilderness survival, advanced first aid, cooking (and eating of course), advanced backpacking, mountain biking, and more, and more. The course will be conducted over two three-day periods.