

# Low Ropes/Challenge Course Instructor Record

In order to ensure the safety of our girls and adults, volunteers who have attended the Challenge Course and Ropes Initiatives training to become a low ropes instructor will actively provide at least eight hours of instruction during a 12-month period. Options for providing instruction may include service unit encampments, core camps, Council events, and Challenge Course with your troop. The Challenge Course training will be required if more than 12 months pass without providing the minimum eight hours of Challenge Course instruction. An instructor has 12 months from the date of course completion to complete the eight hours of instruction. However, she/he is still required to submit this form by June 30.

Use this form to record your experiences on the GSCCC low ropes/challenge courses. Submit a copy of this record annually by June 30 to remain on the approved instructor list.

**Send record to:** Learning Manager, Girl Scouts of the Colonial Coast

**By Mail:** 912 Cedar Road, Chesapeake, VA 23322

**By Fax:** 757-547-1872

**By Email:** [CustomerCare@gsgccc.org](mailto:CustomerCare@gsgccc.org)

Name \_\_\_\_\_ Service Unit and Number \_\_\_\_\_  
 Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Date of Initial Training \_\_\_\_\_

Please indicate if you would like to share your skills with other service units and/or groups below. You will be agreeing to have your contact information shared with group leaders by selecting that you wish to share your skills.

- I wish to share my skills with other service units and/or groups.
- I do not wish to share my skills with other service units and/or groups.

| Date | Course<br>(Camp Skimino or<br>Camp Darden) | Activity<br>(Instructor or<br>Active Participant) | # of<br>Hours | Comments |
|------|--|---|---------------|----------|
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|      |  |   |               |          |

I certify that the above information is true and correct; and that I possess the proper skill set, knowledge, training/certification and/or documented experience according to the Girl Scouts of the Colonial Coast.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date