



# BECOMING AN OUTDOORS-WOMAN<sup>®</sup> WORKSHOP

Ocala

West Palm Beach

November 6-8, 2020

March 5-7, 2021

Becoming an Outdoors-Woman (BOW) is an educational opportunity that teaches hands-on, outdoor skills to adult women in a safe, supportive atmosphere. BOW is a non-profit, non-membership program offered through the Florida Fish and Wildlife Conservation Commission. BOW workshops are designed especially for women who are beginners, so no experience is necessary. Equipment and instruction are provided by patient, enthusiastic instructors. We strive to offer a variety of topics in our workshops, balanced between hunting/shooting, fishing and non-consumptive (kayaking, camping, etc.) activities. This is an excellent opportunity for anyone 18 years of age or older to learn the outdoor skills usually associated with hunting and fishing, and a variety of outdoor pursuits. This workshop is for you if...

You have never tried these activities but have hoped for an opportunity to learn.

- You are a beginner who hopes to improve your skills.
- You know how to do some of these activities but would like to try your hand at some new ones.
- You enjoy the camaraderie of like-minded individuals.



Workshops are sponsored and administered through the:



**Florida Fish and Wildlife  
Conservation Commission**

[MyFWC.com](http://MyFWC.com)

*Florida Fish and Wildlife Conservation Commission shall afford to all persons an equal access to department programs and facilities without regard to race, color, religion, national origin, disability, sex or age. If you believe that you have been discriminated against in any program, activity or facility, please write to: Florida Fish and Wildlife Conservation Commission, 620 South Meridian Street, Tallahassee, FL 32399-1600. "Becoming an Outdoors- Woman" and the logo are copyrighted and protected by the University of Wisconsin-Stevens Point, and cannot be used without permission. Artwork from Missouri BOW publications. Copyright 2000 by the Conservation Commission of the State of Missouri. Used with permission.*

## TYPICAL WORKSHOP SCHEDULE

Friday		Saturday		Sunday	
Check In & Registration	10:00 a.m. to 11:30 a.m.	Breakfast	7:00 a.m. to 7:45 a.m.	Optional Worship Service	6:30 a.m. to 7:00 a.m.
Lunch	11:30 a.m. to 12:15 p.m.	Session II	8:00 a.m. to 11:30 a.m.	Breakfast	7:00 a.m. to 7:45 a.m.
Welcome, Vital Overview & Door Prizes	12:15 p.m. to 1:15 p.m.	Lunch	12:00 p.m. to 1:00 p.m.	Closing Remarks	7:30 a.m.
Session I	1:30 p.m. to 5:00 p.m.	Session III	1:30 p.m. to 5:00 p.m.	Session IV	8:00 a.m. to 11:30 a.m.
Dinner	6:00 p.m. to 7:00 p.m.	Dinner	6:00 p.m. to 7:00 p.m.	Lunch	12:00 p.m. to 12:30 p.m.

Evening activities begin at 7:00 p.m. on both nights

**Lodging:** The workshops are held at two locations: the Ocala Conservation Center in the Ocala National Forest and the Everglades Youth Conservation Camp near West Palm Beach. These are rustic camp facilities and lodging is dormitory style with bunk beds. You may bring your own tent to sleep in or we have tents available to loan out. Participants must provide their own bedding, towels and toiletries. Buildings are smoke-free environments and alcohol is prohibited at the facilities.

**Workshop Fee:** The registration fee is \$200 per person. This fee includes instruction, program materials, use of demonstration equipment, a T-shirt, drinking cup, two-nights lodging and meals starting with lunch on Friday through lunch on Sunday. Demonstration equipment is provided; however, you may bring your own for the topics you select. NO personal firearms. \$25.00 DISCOUNT if you register at least one month in advance.

**Registration:** Class sizes are limited, so sign up early. Registration is limited to the first 100 applications received. You will be sent a confirmation letter, with a map and directions, as well as a list of suggested items to bring, **approximately two weeks** prior to the workshop. The map and items to bring can also be found at our website: [MyFWC.com/BOW](http://MyFWC.com/BOW).

**Scholarships:** Limited funds are available for scholarships to first-time participants. Please send the scholarship request form (on our website) along with your registration form. The scholarship registration fee is \$125.00 per person. The \$25.00 early registration discount does not apply.

**CANCELLATION:** Registrants who do not attend and do not cancel 1 week prior to the workshop will be charged the full program fee. You may send a substitute.

### Samples of Evening Activities These will vary as instructors are available

- Wildlife Programs
- Campfire with S'mores & Storytelling or Musical Entertainment
- Fly Tying
- Night Hike
- Search & Rescue
- Silent Auction
- Flint Knapping
- Gun Cleaning
- Wildlife Management
- Law Enforcement Officers
- Archeology
- Backpacking
- Arts-n-Crafts
- Native Plants
- Canine Demonstration
- Geocaching
- Reloading

#### Sponsors

We would like to thank our sponsors (both state and international) for their generous support that has helped make the program such a success.

<p><b>Brevard County 4-H</b>  <b>Cabot Creamery Cooperative</b>  <b>Florida Coastal Conservation Association</b>  <b>Florida Fish &amp; Wildlife Conservation Commission</b></p>	<p style="text-align: center;">Florida State Sponsors</p> <p><b>FL Sportsmen's Conservation Association</b>  <b>Garmin International, Inc.</b>  <b>Groundspeak, Inc.</b>  <b>Magellan</b>  <b>Mountain Khakis</b></p>	<p><b>Orange Co. Fire Rescue</b>  <b>Rocky Mountain Elk Foundation</b>  <b>Space Coast Geocaching Store</b>  <b>Sportsman's Gold</b>  <b>Tobacco Cove – Gus Bock</b>  <b>M. Gordon Vines Co., Inc.</b></p>
--	---	--

#### International Sponsors

<p><b>Browning</b>  <b>Ducks Unlimited</b>  <b>Federal Premium Ammunition</b>  <b>Leupold Lodge</b></p>	<p><b>Pheasants Forever</b>  <b>Pope and Young Club</b>  <b>Rocky Mountain Elk Foundation</b>  <b>Safari Club Int'l Foundation</b>  <b>Sables</b></p>	<p><b>UWSP Foundation</b>  <b>Univ. of Wisconsin-Stevens Pt. College of Natural Resources</b></p>
---	---	---

*For more information, please contact:*

Florida Fish and Wildlife Conservation Commission (FWC)  
 Hunter Safety Section  
 3900 Drane Field Road  
 Lakeland, FL  
 (863) 648-3815



Florida Fish and Wildlife Conservation Commission

[MyFWC.com](http://MyFWC.com)

Visit our website at:

[MyFWC.com/BOW](http://MyFWC.com/BOW)

E-mail us at:

**Diane Sharp - Staff Assistant**  
[diane.sharp@MyFWC.com](mailto:diane.sharp@MyFWC.com)

**Lynne Hawk - Coordinator**  
[lynne.hawk@MyFWC.com](mailto:lynne.hawk@MyFWC.com)

**A. \*Introduction to Panfishing** - Participants are introduced to a variety of fishing equipment used to catch different species of panfish. This includes rods, reels, poles, and a demonstration on how to rig them and tie basic knots for fishing. In addition, laws, regulations, and ethics pertaining to fishing, and how to identify common pan fish, are discussed. A review of basic aquatic ecology and fish habitat will provide information needed to plan a panfishing trip. Participants put all of their knowledge to use when they go to the lake and try their hand at fishing.

**B. \*Introduction to Bass Fishing** - Participants are introduced to various types of fishing equipment used to catch largemouth bass. This includes basic types of rods, reels, and tackle - different rigs, lines, floats, lures, and live bait. They are shown how to use spinning, spincasting, and baitcasting reels. Instructors also discuss laws, regulations, ethics, habitat, and bass management. Participants then enjoy fishing at the lake.



**C. \*Introduction to Fly-Fishing** - To watch an experienced fly caster is like watching an outdoor ballet. The art of fly-fishing is a graceful and gentle presentation of a lure to our watery friends. Participants learn the technique of basic fly-casting, fly-fishing terminology, selecting and purchasing equipment and how to take care of it. They are taught about fish habitat, laws, regulations and ethics pertaining to fly-fishing. Time is spent casting on dry land.

**\* Participants need to purchase a Florida freshwater fishing license to participate in the fishing portion of the courses.**

**D. Boating Basics** - Participants are familiarized with safety equipment and procedures to make their next trip to the water both safe and fun. They learn to back a trailer, start a motor, tie basic knots for boating and run a power boat (weather permitting). Participants should wear water shoes and bring your own PFD, if available. This course is offered in Ocala only.

**E. Canoeing/Kayaking Basics** – Participants are introduced to the different types and styles of canoes and kayaks, paddles and strokes, equipment, safety and etiquette. They get hands-on experience paddling on the water. This is a course for beginners. Participants should wear clothing and shoes suitable for water sports. Bring your own PFD, canoe or kayak, if available.



**F. Basic Camping Skills** – An introductory course where participants learn how to plan and prepare for a safe and enjoyable car camping trip. Participants will learn how to select a tent, set it up and basic tent repairs. They learn how to determine the type of equipment needed, which includes sleeping bags, sleeping pads, and stoves. They will receive instruction on how to make a solar oven. Participants will also learn how to make the right lighting and cooler selections. Meal planning will be discussed as well as receiving a sample menu and blank meal planning sheet. Participants will learn about the different types of campsites/tent toilets. It will conclude with a review of a camping checklist which is available to all participants.

**G. •Florida Whitetails** - An introductory course designed to develop the basic skills necessary to begin hunting or to photograph the Florida whitetail deer. This course includes instruction in tracking skills, determining buck sign, reading food source, laws and ethics, supplies and tools, tree stands and much

more! Each participant gets a chance to use a tree stand and a hike through the woods helps to develop the skills needed to begin the thrill of Florida hunting! Participants enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).

**H. •Small Game Hunting Basics** – This course covers laws, techniques and hunting areas specific to Florida's small game populations. Each participant will learn to identify small game, recognize signs, food source, and the right equipment to use. In addition, you take a hike in the woods. Participants enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).

**I. •Talkin' Turkey** – This course covers the biology and habits of the wild turkey. Equipment, clothing, camouflage, hunting strategies, calling techniques and safety considerations are discussed. The outdoor session includes a simulated turkey hunt. Participants enjoy a ride on a swamp buggy at the Palm Beach workshop (when available).



**• Participants can use these skills for purposes other than hunting. Harvesting an animal may not be your goal, but the hunting classes teach the skills necessary to find animals for photography, videography or just tracking animals for observation.**

**J. ♦Introduction to the Shooting Sports** - Participants are introduced to basic types of firearms, nomenclature, marksmanship and firearm safety, including safe handling and storage of firearms in the home. Then they go to the range for live firing exercises using various rifles and shotguns. (No personal firearms)

**K. ♦Introduction to Handgun Shooting** – Learn handgun safety and nomenclature, and participate in a live firing exercise. Discussions center on safe handling and storage of a handgun in the home. In addition, learn to safely load, unload and shoot various handguns. (1<sup>st</sup> time participants only – No personal firearms)



**♦ All firearms and ammunition will be furnished. NO PERSONAL FIREARMS.**

**L. Basic Archery Skills** - Learn bow safety, equipment identification and selection, types of bows and their uses, how to shoot and shooting form. Students handle the equipment, and have fun shooting various targets.



**M. Basic Wilderness Survival Skills** - Instruction on how to avoid being involved in a survival situation helps the student be better prepared to go afield. Additional instruction on what to do in case you are lost or have an emergency arise are given. The participants gain the confidence needed to be comfortable while in the woods. Methods of acquiring water, using a compass, finding or constructing shelters and how to

build a fire are taught, along with what to carry in a survival kit for a particular area.



**N. Nature Photography** - Participants gain

knowledge of basic equipment and camera operation needed for nature photography and will be introduced to observational and artistic skills needed to take nature photographs. They learn basic techniques used in photography, including the use of blinds, stalking and cover, the importance of lighting and timing, and what is needed to specialize in given subjects. Outdoor ethics discussions better prepare participants to venture afield in a responsible manner. Bring your own camera for a hands-on experience during an outdoor “photo session”. Please bring your camera’s instruction manual/ booklet.

**O. Bird Watching Basics** - Increase observational skills, awareness, and enjoyment of bird watching. Be instructed in different types of bird habitat as well as seasonal and daily cycles necessary for watching birds. Learn the ethics associated with bird watching and how to identify birds by habitat, sound, color, and field markings. Places to go to watch for birds and the necessary equipment to take, as well as the techniques to use for successful bird watching are given. Finally, networks and volunteer opportunities are discussed, as well as how to attract birds. Bring binoculars (if available) as a field walk will present an opportunity for birds to be observed.



**P. Introduction to Reading the Woods** - Learn how to interpret signs left by wildlife. Also, learn how to recognize essential components of wildlife habitats and relate observations to wildlife behavior. During a nature walk, stop for track identification and observation, scent stations, nest sites, burrows, watering sites, variations in ecosystems and movement corridors.

**Q. Outdoor Cooking** - Learn how to cook over a campfire, in a Dutch oven and on a camp stove. Receive instruction on the basic requirements for storage, preparation and cooking in the outdoors. There will be several opportunities to practice your newly developed skill. Bring your appetite because you are cooking and eating throughout the class!

**R. Basic Personal Safety Skills** - Learn about self-protection through a demonstration and discussion of current personal protection devices and “weapons” (non-gun) on the market today. Interaction with the “red-man” gives a hands-on experience.



**S. Hunter Safety Certification Course** - Complete the online part of the Hunter Safety Course prior to the workshop at [MyFWC.com/HunterSafety](http://MyFWC.com/HunterSafety). Bring your Certificate of Completion/Voucher to the workshop. Students must also take one of the Archery (Class L) sessions and the Shooting Sports (Class J) session to complete the course. NOTE: This leaves one class of your choice. Upon successful completion of this course, you receive your Hunter Safety Certification Card that is good for a lifetime and accepted in every state.

**T. ♦Introduction to Muzzleloaders** - Learn and experience the art of black powder firearms. Emphasis is placed on loading, firing, care and cleaning. The types and purposes of muzzleloaders are discussed. Learn about history and black powder rendezvous. There will be plenty of reloading, shooting and other hands-on experiences. No personal firearms. Wear clothing you won’t mind getting stained.



**U. Basic Wilderness First Aid** - An introductory overview of outdoor first aid with plenty of hands-on scenarios. This is a non-certification course. Bring a water bottle. Wear old clothes - something you won’t mind getting stained or dirty.

**V. ♦Introduction to Shotgun Shooting** – Learn about shotgun types, their versatility in a variety of shooting and hunting sports, nomenclature, cleaning, and safety. Receive hands-on, one-on-one, live firing instruction in the successful shooting of moving clay targets. (No personal firearms).

**W. Bowhunting Certification Course** – This class is designed to teach participants, who have already taken the basic archery class (L), how to hunt. Emphasis is placed on safety, ethics, fundamental skills, techniques, scent elimination and how to care for your equipment. Bring your own bow, if available. Participants who complete the online part of the Florida Bowhunter Education Course at [www.bowhunter-ed.com/florida/](http://www.bowhunter-ed.com/florida/), and bring their Certificate of Completion/Voucher will receive a certification card.

**X. Map and Compass Basics** – Learn how to use a compass in the field, how to use and read a topographic map, and how to use the map and compass together. These skills are useful for hikers, hunters, campers and anyone spending time off the beaten path. Outdoor exercises are involved, so bring a water bottle.

**Y. Knot Tying Basics** – This course covers the basic knowledge of tying various knots for land and boating applications. Rope/line characteristics, breaking strength types and uses of rope/line and basic knots including, but not limited to, the square knot, bowline, sheet bend, figure eight knot, clove hitch, half hitch and surgeon’s knot will be covered.

**Z. Introduction to Geocaching & GPS** – This course is based on the increasingly popular hobby called “Geocaching”, a treasure hunt, of sorts, where thousands of players have hidden “caches” around the world. Participants will be acclimated on how to use a GPS device. All equipment will be provided, and students will locate caches during class.

**AA. Water Wonders/ Aquatic Ecology Basics** - Participants will learn about the basic ecology of Florida’s water habitats and their importance to wildlife and humans. Find out about how storm water and other human activities can cause water pollution and things people can do to prevent it. Also, learn about indicators of healthy surface water quality and how to sample water quality. Identify and observe important aquatic organisms during water sampling activities and discover what they can tell us about water quality.

**BB. Introduction to Trapping** - Regulated trapping is an important and effective wildlife management tool. Learn about the history, laws, tools, skills, techniques, technology, and equipment used in nuisance small game trapping in Florida. Identify and promote the use of humane traps and trapping methods for capturing wildlife.

**CC. Basic Backpacking, Kayak Camping & Bikepacking -**

This is a course for those who are interested in a more adventurous, primitive form of camping. Basic camping skills are recommended (Class F). Participants will learn the different types of general equipment required for a more minimalist form of camping. They will learn about meal preparation, food storage and safety, water filtration systems, "Leave No Trace", navigation choices, clothing and insect repellents. Participants will also learn about the specific equipment needed to backpack, kayak camp and bikepack. They will also learn how to effectively pack a backpack, kayak or bike.