

Delaware Becoming an Outdoors-Woman Program

2023 Event Information

Dates: Friday, Oct. 13
to Sunday, Oct. 15
Fee: \$200 +registration fees

Location: Delaware Seashore State Park
39415 Inlet Road
Rehoboth Beach, DE 19971

AGENDA

Date	Time	Activity
Friday, Oct. 13	Noon-2pm	Check-in / Set up tents or dorm space <i>Snacks and drinks will be provided but lunch is on your own.</i>
	2:30pm – 3pm	Welcome/Introductions
	3:30pm – 5pm	Session I Instructional Courses
	5pm – 5:30pm	Free Time
	5:30pm—6:30pm	Dinner
	6:30pm—8pm	Free Time
	8pm - 10pm	Evening Campfire and Activities
Saturday, Oct. 14	6am—7am	Open Yoga
	7am - 7:45am	Breakfast
	8am - 11:30am	Session II Instructional Courses
	12pm - 12:45pm	Lunch
	1pm - 4:30pm	Session III Instructional Courses
	4:30pm – 5:30pm	Free Time and Open Yoga
	5:30pm - 6:30pm	Dinner
	6:30pm—8pm	Free Time
8pm - 10pm	Evening Campfire and Activities	
Sunday, Oct. 15	6am—7am	Open Yoga
	7am - 7:45am	Breakfast
	8am - 9:30am	Session IV Instructional Courses
	9:30am - 10am	Closing Remarks
	10am - 11am	Cleanup & Check-out

**Free time is built into the schedule to allow time to explore the area, network with other participants, prepare for upcoming courses, or just relax!*



Lodging

There will be two lodging options this year.

1. Tent Camping: Space is available onsite for tent camping. Tents can be provided if you do not own one. You will be assigned a tent space upon your arrival.
2. There is a limited amount of RV/full hook-up sites available as well. These can accommodate RV's, or participants who may require electrical/water access for their sleeping arrangements throughout the weekend.

Restrooms and shower facilities are available onsite for all camping. Water and electrical hook-ups will be provided in the event space itself for phone charging, etc.

Meals

Meals are included. Beverages will be provided but participants are encouraged to bring their own refillable water bottles as well. Vegetarian options will be available. If you have any special dietary requirements, please indicate those when completing the online registration form. Please note not all dietary restrictions may be accommodated at this event.

Course Schedule

Each participant will have the option of choosing one course per session. Please refer to the online registration form to register for your course options. **Courses may be subject to change with notice*

Session I 10/13 3:30pm - 5pm
Shorebird Flatties
Seahawk Trail Nature Hike
Crabbing 101 <i>*Fishing License Required</i>
Coastal Forest Tree ID Hike

Session II 10/14 8am - 11:30am
Cooking Your Catch
Saltwater Fishing by Boat <i>*Fishing License Required</i>
Surf Fishing <i>*Fishing License Required</i>

Session II Mini-Sessions 8am - 9:30am & 10am -11:30am
Intro to Archery (both times)
Waterfowling Basics (both times)





Session III 10/14 1pm - 4:30pm
Saltwater Fishing by Boat <i>*Fishing License Required</i>
Intro to Birding
Outdoor Survival Skills
Surf Fishing <i>*Fishing License Required</i>
Forest Bathing









Session IV 10/15 8am - 9:30am
Intro to Clamming <i>*Fishing License Required</i>
Forest Bathing (shortened)
Intro to Wildlife Trapping
Seining the Bay









Mentored Deer Hunt Session II & III 10/14 <i>Intro to Hunting & Crossbow Shooting</i>
Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. <i>The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by October 5, 2023) and purchase of a hunting license prior to the event.</i>



2023 Delaware BOW Course Descriptions

Activity Level Guide	
	Minimal (mostly sitting or standing)
	Mild (walking)
	Moderate (requires moderate coordination and/or movement)
	Strenuous (requires much coordination/concentration and/or movement)

Courses	Descriptions
Coastal Forest Tree ID Hike 	Take a hike with Delaware State Forestry biologist and learn about the unique coastal forest habitat found around Delaware Seashore State Park, including how to identify native and non-native plants and trees.
Cooking Your Catch (Fish Prep & Cooking) 	This course will guide you from catch to pan! Participants will watch demonstrations by a Center for the Inland Bays biologist and participate in learning how to clean, filet, prepare for storage and cook your delicious catch. This is a great opportunity to fully enjoy what our Delaware fishing resources have to offer!
Crabbing 101 	Interested in crabbing but not sure how to get started? Join a Delaware Seashore State Park naturalist to learn about the life cycle of the Atlantic blue crab, different crabbing techniques, and current Delaware rules and regulations. Then try your hand at catching those tasty crustaceans! Catch and release. This course will take place at Holt's Landing State Park (a part of DSSP) and will require transportation. BOW will provide transportation or you may drive yourself. <i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i>
Forest Bathing 	The practice of forest bathing encourages you to slow down, quiet your mind and connect with nature. Awaken your senses and deepen your relationship with the natural world through sensory explorations that combine curiosity, connection and community. You will take a gentle stroll, taking time to be present, wander slowly and notice the unique gifts that nature is offering. Based on the Japanese practice of Shinrin Yoku, Forest Bathing has many proven health benefits and can promote an overall feeling of well-being
Intro to Archery 	Learn about traditional bows and arrows as well as the equipment that goes along with them. Form, method of release, and accuracy will be the focus while you practice target shooting.
Intro to Birding 	Learn to identify birds through behavior, field marks, and habitat while exploring different sections of the park. Binoculars will be provided but participants are encouraged to bring their own.
Intro to Clamming 	How do these brilliant bivalves get from the bay to your table? Join a fisheries biologist to learn the basics of clamming in our inland bays. This course will cover information about our local clams, clamming tools, techniques, and the chance to rake some up yourself. This course will take place at Holt's Landing State Park (a part of DSSP) and will require transportation. BOW will provide transportation or you may drive yourself. <i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i>
Intro to Wildlife Trapping 	Did you know Delaware has a rich history of wildlife trapping for food, economic and cultural purposes? In this introductory workshop, learn about the importance of wildlife trapping in the first state, species that can be trapped, and current methods used to continue this tradition today. Live animals will not be trapped during this workshop, but participants will get hands-on experience with different types of traps. This course will take place at Holt's Landing State Park (a part of DSSP) and will require transportation. BOW will provide transportation or you may drive yourself.

Courses	Descriptions
<p>Mentored Deer Hunt Parts 1 & 2: Intro to Hunting & Crossbow Shooting</p> 	<p>Part 1: Learn how to safely operate and shoot a crossbow and participate in a brief course in hunting to prepare for an afternoon managed deer hunt.</p> <p>Part 2: Participate in a mentored, managed deer hunt. Participants will be partnered with a mentor who will guide them during a managed hunt for white-tailed deer.</p> <p>NOTES:</p> <ul style="list-style-type: none"> • Participants in the Mentored Deer Hunt must participate in both Part 1 and Part 2 courses. • The Mentored Deer Hunt Part 1 and Part 2 courses require hunter education certification (by Oct. 5, 2023) and purchase of a hunting license prior to the event. Contact the Hunter Education office with any questions: 302-735-3600. • Dress for the weather; boots and camouflage clothing should be worn. • If you are successful in harvesting a deer and wish to keep it, the BOW program will provide transportation to a local butcher. If you wish to take your deer to a butcher of your choosing you will be responsible for transporting your deer. If you harvest a deer and do not wish to keep it, BOW will donate it to the Sportsmen Against Hunger program.
<p>Outdoor Survival Skills</p> 	<p>From building fires and basic shelters, to tuning up your gps and mapping skills, to basic first aid, this program will cover a variety of outdoor survival skills and information to make you more comfortable with your surroundings wherever you go. A Delaware State Forester will break down their knowledge of how to stay safe in the wild and teach participants some of these basic skills for safety and survival.</p>
<p>Saltwater Fishing by Boat</p> 	<p>Join a Fisheries biologist to learn the basics of saltwater fishing and experience some time fishing by boat on the inland bays.</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p> <p><i>**This course takes place on the water. Participants must know how to swim.</i></p>
<p>Seahawk Trail Nature Hike</p> 	<p>Hike the Sea Hawk Trail with a park naturalist and brush up on your plant identification! We'll reveal how to identify several helpful species as we follow the 1.3-mile trail through hardwood forest, meadow, salt marsh, and freshwater bog habitats. This course will take place at Holt's Landing State Park (a part of DSSP) and will require transportation. BOW will provide transportation or you may drive yourself.</p>
<p>Seining the Bay</p> 	<p>Learn the practice of sein-netting through the shallow waters of the bay to see what types of aquatic species can be found. Participants will learn the techniques of this fishing method, some of its millennia-old history, and get to try their hand jumping into the water to see what they can catch! This program will also cover native fish and shellfish identification based on what is caught.</p>
<p>Shorebird Flatties</p> 	<p>Learn the techniques of making these old-school shorebird decoys! Participants will learn about the history of shorebird decoys, the tradition of the "flatties" style and try their hand in designing and painting their own shorebird flattie decoy.</p>
<p>Surf Fishing</p> 	<p>Join a Fisheries biologist to learn the basics of surf fishing from rods and reels, to casting techniques and the chance to reel a fish in right off the shoreline!</p> <p><i>*To participate in this course you must purchase a Delaware fishing license prior to attending and must bring it with you.</i></p>
<p>Waterfowling Basics</p> 	<p>This course will cover the skill sets and equipment needed for entry level waterfowl hunting as well as translate these techniques to enhance other activities such as bird watching, marsh hiking and paddling, enabling participants to become the authors of their own outdoor adventures! This course will take place at Holt's Landing State Park (a part of DSSP) and will require transportation. BOW will provide transportation or you may drive yourself.</p>