Safety Activity Checkpoint
Downhill Skiing and Snowboarding
HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required

Council Approval: Required
Activity Permitted For: D B J C S A

About Downhill Skiing and Snowboarding
Whether girls are participating in snowboarding or traditional downhill, slalom, Super G, or other types of skiing, participants use trails and slopes matched to their abilities. Skiing.about.com describes various ski levels, which range from first-time beginner to expert.

In planning a Girl Scout ski or snowboarding trip, contact the ski resort or organization to inquire about rental equipment, lift tickets, and any special accommodations for large groups, and always know the location of the first-aid station. With the appropriate instructors, equipment, and hills/levels, Daisies are permitted to participate in skiing and snowboarding. Most mountains have wonderful educational programs for children as young as four years old!

Note: Even experienced girls are not permitted to do aerial tricks on skis or snowboards.

Learn More:
- Professional Ski Instructors of America and American Association of Snowboard Instructors: The Snow Pros National Ski Patrol
- U.S. Ski and Snowboard
- Locate ski resort by region: ABC of Snowboarding

Include Girls with Disabilities
Talk to girls with disabilities and their caregivers, and ask about specific needs and accommodations. Call ahead to the ski and snowboard resort about accommodating people with disabilities—most are extremely accommodating and offer specialized instructors and trails. You can even ask to speak to an instructor ahead of time.

Safety Activity Checkpoints
Be in shape. Participants get in condition by stretching and exercising before the skiing or snowboarding trip. Skiing takes endurance and balance, so be in shape!

Learn how to ride ski lifts. This includes line courtesy, loading and unloading, and emergency procedures.

Observe the basics. Ski and snowboard under control. Participants should ski responsibly, and not beyond their ability level. All rules of the ski area must be explained, learned, and followed.

Stay on trails. Do not ski off-trail or in an unmarked or closed area.

Be aware of terrain. Avoid objects and obstacles, such as trees, rocks, growth coming up under thin snow coverage, and melted puddles, which can occur in spring or during fluctuating weather.
Understand right-of-way protocol. Make others aware before you turn. Yield the right-of-way to those already on the slope. Do not cross the path of skiers.

Prepare for falls. Move quickly to the side of the trail or slope after falling, unless injured.

Summon the ski patrol if a skier is injured. They are usually dressed in red.

Know the slopes. Skiing.about.com details trail ratings, which include green circle as the easiest, blue square as intermediate, and black diamond for expert skiers and snowboarders. Review the trail maps before hitting the slopes.

Know where the Medical Clinic on the mountain is located.

Verify instructor knowledge and experience. Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or they possess equivalent certification or documented experience according to GsNorCal’s guidelines. Instructors have experience teaching and/or supervising downhill skiing/snowboarding for the ages involved.

Select a safe downhill skiing and/or snowboarding site. Girls are encouraged to plan trip details and include adequate rest periods with opportunities to replenish fluids and eat high-energy foods, such as fruits and nuts. Plan for a nutritious, high-energy snack, and provide beverages to prevent dehydration. Ensure that all participants know terrain and potential hazards.

Ensure emergency transportation. Make sure emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services ensure, the presence of a first- aider with winter wilderness first-aid experience.

Safety and Required Gear

- Protective helmet with properly fitting safety harness that meets the Snell Memorial Foundation’s RS-98 or S-98 standards or the American Society for Testing and Materials (ASTM) F2040 requirements (or both) and displays the Safety Equipment Institute (SEI) seal
- Ski or snowboarding boots
- Skis or snowboards with bindings
- Ski poles (not needed for snowboarding)
- Sunglasses or ski goggles to protect eyes from glare
- Insulated water-resistant gloves or mittens
- Insulating socks and thermal underwear
- Sunscreen with an SPF of at least 15 and lip balm for snow glare protection
- Windproof and waterproof ski jacket and pants

Girl Scouts of Northern California’s Approval Process for Downhill Skiing and Snowboarding

Downhill Skiing and Snowboarding are considered high-adventure activities and must be pre-approved by the council.

- Trip or High-Adventure Approval Form: Submit the online Trip or High-Adventure Approval Form to council at least 4-6 weeks prior to your activity. Gather the following information to complete this form:
  - Confirmation that your chaperones are registered members of Girl Scouts of Northern California and have a current background check. Troop Leaders can find this information in their Volunteer Toolkit.
  - Name of First Aider and a copy of their current CPR/First Aid certification card. Certification needs to be renewed every two years. If you are hiking or backpacking farther than 30 minutes
from a medical facility, please have the information of the member, who is certified in Wilderness First Aid, accompanying your troop.

☐ Confirm that the necessary online and in-person courses have been completed for this trip. You can find more information or register for these courses in your Volunteer Learning Portal in the section called Trip & Outdoor Advisor.

- For example, the Camp Out course is required for all camping trips that involve advanced outdoor cooking or camping trip with girls to a campground or other non-GSNorCal outdoor facility for longer than 1 night without indoor plumbing and electricity. Girls should have already had practice sleeping and cooking outdoors.
- The Extended Trips course is required for troops traveling three (3) nights or more.
- The Backpacking course is required before you take girls on an overnight backpacking adventure.

- **High-Adventure Approved Vendor List:** GSNorCal troops/groups must select a high-adventure vendor from the High-Adventure Approved Vendor List, which consists of organizations that meet Girl Scouts safety and insurance requirements for the activity. For the safety of our members, before a troop uses a high-adventure site/vendor for a troop or service unit event, the council must approve the high-adventure site/vendor. This process is designed to ensure a safe experience and protect the council’s and volunteer’s legal interests.

- **Adding high-adventure facilities to the Approved Vendor List:** If your preferred vendor is not listed on the High-Adventure Approved Vendor list, please follow the simple steps in the Volunteer Essentials for adding high-adventure vendors.

- **Prepare for emergencies.** Ensure the presence of a waterproof first-aid kit and a first-aider with a current certificate in first aid (including adult and child CPR or CPR/AED), who is prepared to handle cases caused by extremes of temperature, such as heat exhaustion, heat stroke, frostbite, cold exposure, and hypothermia, as well as sprains, fractures, and altitude sickness. Ensure that emergency transportation is available, if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with wilderness first-aid certification. See Volunteer Essentials for information about first-aid standards and training. The designated adult should have a working cell phone for emergencies. [SAFETYWISE: First Aid & First Aiders]