Safety Activity Checkpoint
Ice-Skating and Roller Skating
HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required

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

About Skating
Roller and ice skating are much-loved Girl Scout activities. They are also a very common activity for injuries and insurance claims, so plan ahead and stress safety. Indoor skating, whether ice skating or roller skating will most likely not require a helmet. If the facility offers safety gear, including helmets or wrist guards, always opt to take the safety gear for girls. Always check with GSNorCal for prior approval for outdoor ice skating and roller skating - especially when planning to ice skate on frozen lakes.

Know where to skate
To find a skating rink by region, visit the rink locator link at rinktime.com. Girls skate at night only in well-lit areas. For skating on frozen lakes, always select a site designated for skating and confirm temperature and ice conditions are safe for skating. GSNorCal does not require skating venues to be on the approved vendor list.

Include Girls with Disabilities and/or Special Needs
Communicate with girls with disabilities and/or their special needs and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that the National Center on Health, Physical Activities and Disabilities provide to people with disabilities and/or special needs.
Safety Gear (for skating outdoors and in-line skating)
- Bike helmet or other helmet with the American National Standards Institute or SNELL Memorial Foundation seal, or both (helmets must be as snug as possible and be worn low over the forehead, approximately 1 inch above the eyebrows)

Recommended Gear
- Wrist guards that fit like a glove
- Clothing that allows freedom of movement
- Long-sleeve shirt to help prevent scrapes
- Snug-fitting elbow pads and kneepads

Safety Activity Checkpoints
- **Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, or sudden illness.
- **Select a safe site.** Rinks are considered safest, but ensure that the rink has a smooth skating surface free of debris. The rink manager is called in advance to arrange for large groups or for practice sessions. The rink is adequately staffed to monitor the size of the crowd. Local ordinances or parks offices are checked to see whether skating is permitted on bike paths or in city parks.
- **Select proper-fitting skates.** Girls receive instructions in selecting the proper skate size. Skates are properly fitted, securely laced, and properly tied. Skate wheels, boots, and plates are kept clean and in good condition and are inspected. Girls never skate with broken or missing laces. No dangling decorations are attached to the laces.
- **Prepare for emergencies.** Ensure the presence of a 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 of injury from falls, especially abrasions. 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. Learn more on how to become a Troop First-Aider by logging into your [Girl Scouts Volunteer Learning Portal](https://www.girlscouts.org/vlp/).
- **Practice safe outdoor skating.** Outdoors, girls skate in areas where traffic or pedestrians will not interfere. Check local ordinances for any restrictions. Girls skate in the street or in a parking lot only if it is closed to traffic. When skating on a walkway, yield to pedestrians. Skate on the right side, pass on the left.

Follow basic in-line and roller-skating safety standards. Respect safety rules, such as:
- Everyone skates in the same direction.
- Girls do not stop in the main skating area (when skating in a rink).
- Skaters yield the right-of-way to those already in the rink.
- Skaters do not cut across the paths of other skaters.
- Skaters do not push, shove, or race.
- A falling skater does not grab hold of another skater.
- A fallen skater rises quickly, unless injured.
- Girls do not skate faster than their ability to stop.
- Skaters do not wear headphones while skating.
- Loose or sharp articles, such as handbags, combs, and keys are not carried onto the rink.
- Keep skates in top shape. Avoid water, sand, and debris, which damage wheel bearings.
Girl Scouts of Northern California’s Approval Process for Skating

Ice- and Roller Skating 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.

- **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.

**Learn More:**

- Learn how to brake and stop. Before skating, read about the safest ways to stop, based on skating ability level, at [Skating Techniques](#). Moves include wall stops, the brake-pad and the snowplow.
- Roller Skating Association International: [Roller Skating Association](#)