Safety Activity Checkpoint
Inflatables
HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required

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

Includes:
- Aquatic Inflatables
- Bounce houses and land inflatables
- Bubble soccer
- Log-rolling with synthetic logs
- Amusement/theme parks with inflatables

About Inflatables
Most inflatables can be found in public facilities, parks, events, etc. but some commercial ones may be able to be rented. Forward any contracts or agreements that require a signature to GSNorCal at insurance@gsnorcal.org.

Aquatic climbing walls, slides bounce platforms, obstacle courses are made from a variety of materials and placed in the deep end of the pool, or lake.

Bounce houses (closed inflatable trampolines, bouncy houses, bouncy castles, moon bounces, moonwalks, jumpers, etc.) and other land inflatables are temporary inflatable structures and buildings used for recreational purposes, particularly for children.

NOTE:
- Daisies cannot participate in aquatic bounce houses.
- Aquatic climbing walls are not permitted for Daisies and Brownies.
- Daisies may only participate in bounce houses that are specific for their age, height, and/or weight.
**Bubble soccer** is an exciting twist on the traditional game of soccer. Girls are wrapped in a giant, soft inflatable bubble ball with shoulder harnesses and handles inside.

**NOTE:**
- *Bubble soccer is not permitted for Daisies and Brownies.*

**Log rolling** with synthetic logs can be done in a pool or lake and for girls of all ages. Participants need to be strong swimmers who can swim in water deeper than 5 feet.

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**Include Girls with Disabilities**
Talk to girls with disabilities and their caregivers, and ask about needs and accommodations. Contact the location in advance to ensure they are able to accommodate those with disabilities. Information on accommodations for inflatable parks is similar to that for amusement parks.

**Learn More:**
[International Association of Amusement Parks and Attraction](https://www.apa.org)

**Safety Activity Checkpoints**
Check [GSNorCal’s Approved Vendor List](https://www.gsnorcal.org) for approved sites.

**Select a safe site.** Ensure that sites or rented inflatables follow safety precautions:
- **Aquatic climbing walls, slides, bounce platforms, and obstacle** courses are placed in the deep end of the pool, or lake. Participants need to be strong swimmers who can swim in water deeper than 5 feet. Non-strong swimmers need to wear a life vest, properly fitted and appropriate to their weight.
- **Bounce houses** and other land inflatables are properly secured to the ground, especially in windy weather. Ensure the number of participants in a bounce house at a time does not exceed manufacturer recommendations for safety. On inflatable slides, obstacle courses, etc., girls take turns and wait for the person before them to exit before going.
- **Bubble soccer** should be played on a flat area that is free of obstacles, pillars, trees, stumps, rocks, and roots. Only one person in a ball at a time. No rolling down hills while wearing a ball. Bubble should be fully covering at least 8 inches above the head, to allow for roll overs and head protection. Players should not run full speed and should only bump into players with light to moderate speed. Players should not bend down when bumping another player, instead using the sides of the bubble for impact with other players, not the top. Players should not life the bubble ball via the handles except to get up.
- **Log rolling with synthetic logs** needs to be done in water that is at least 2 feet deep. Log needs to be at least 10 feet from any obstructions- walls, rocks, trees, beach, etc. Log should be aligned perpendicular (as a T) to dock, pool edge, hard objects, etc. Beginners should have someone holding
log as they get on. Non-strong swimmers should wear a life vest, properly fitted and appropriate to their weight if the water is above their knees. Beginners should use “trainers” to slow the log down.

**Ensure safety of theme park rides.** Obtain full information about the rides and other activities and evaluate them for safety concerning the age, height, and weight levels of girls.

**For water parks, follow the Swimming Safety Activity Checkpoint.** Pay particular attention to water park safety rules. Ensure there are certified lifeguards at each activity. Troop leaders or event planners should verify with Parents/Guardians about girls swim abilities, prior to event to ensure they can swim. The pool operator or lifeguard may have the final word in determining a girl’s abilities based on the skills needed. It is recommended that swimmers that are not proficient wear a life vest.

**Know where girls are at all times.** Keep track of girls’ whereabouts. Conduct a head count before and after activities. Ensure that girls know where to go and how to act when confronted by strangers or intruders.

**Review plans upon arrival.** Adults should obtain a copy of the park guide to facilitate the visit and gain important information on park policies and the location of restrooms and the first-aid station.

**Have a predetermined meeting spot.** Adults should discuss plans for the visit with girls and set a place to meet in case the group becomes separated.

**Know where the first-aid station is located.** 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 abrasions, sprains, and fractures.

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**Girl Scouts of Northern California’s Approval Process for Inflatables**

Inflatables are considered a high adventure activity 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.