Safety Activity Checkpoint
Tomahawk, Knife, & Hatchet Throwing
HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required

Council Approval: Required
Activity Permitted For: C S A
Note: See Target Sports—Master Progression Chart in Introduction to Safety Activity Checkpoints 2019-2020

About Tomahawk, Knife, and Hatchet Throwing
Some of the oldest weapons, tools, and hunting methods include the ax, tomahawk, knife, and hatchet and they are still used for their traditional purposes in some areas today. Learning how to handle them safely by aiming at targets for accuracy is also common today as a recreational and competitive activity. It is an ideal way to learn how to handle these tools safely, tools that can be used in the great outdoors and wilderness excursions.

Good throwing requires learning positive traits such as patience, determination, focus, attention to detail, discipline, and persistence. Since these skills are likewise key elements of leadership and confidence, we encourage our girls to take what disciplines they learn from any sport or activity and apply it to their participation in their communities and the world.

There are a variety of styles and sizes of tomahawks, knives, and hatchets. The ones the girls will be learning about are designed for the express purpose of hitting a target.

Learn More:
- National Axe Throwing Federation
- American Knife Throwers Alliance
Include Girls with Disabilities
Talk to girls with disabilities and their caregivers. Ask about needs, interest, and special accommodations. Check with facilities ahead of time to determine what accommodations can be made.

Safety Activity Checkpoints

Verify instructor knowledge and experience. One adult needs to be trained in tomahawk, hatchet, or knife throwing safety (depending on which you are doing), form and technique, range rules, and emergency procedures.

Note: The instructor-to-participant ratio is not the same as the adult-to-girl ratio found in Introduction to Safety Activity Checkpoints 2019-2020. You must follow the Target and Shooting Sports—Master Progression Chart. However, both ratios must be complied with when girls are participating in throwing sports. For example, if 15 Cadettes are on the shooting line, there must be two instructors plus eight adult Girl Scout volunteers (who are not instructors).

Select a safe site. Check the GSNorCal’s Approved Vendor List. When using a vendor, ensure that:

- Equipment should be stored in a box, closet, or cabinet and locked when not in use.
- Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.
- Backstops or a specific safety zone is set behind the targets.
- The entire facility population knows clearly delineated rear and side safety buffers.
- The shooting line is clearly defined.

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- Areas are clear of brush. A hillside backstop is recommended.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- In the shooting area, there is a safe distance at least 50 yards behind the targets and 20 yards on each side of the range.
- The range is not used after nightfall.

At an indoor range, make sure that:

- Targets are well-lit
- Doors or entries to the range are locked or blocked from the inside.
- Fire exits are not blocked.

For hatchet throwing, indoor ceilings must be a minimum of 12 feet high; metal chain link 15-foot floor-to-ceiling partitions must separate sets of two targets; and within a set of two targets, there must be a 6-foot floor-to-ceiling partition between the targets.

Ensure equipment is properly sized for the girls and is made for throwing. Knives should be between 9 to 16 inches and not overly sharp. Hatchet heads should weigh between 1.25 and 1.75 pounds, the handle should be wood, length must be at least 13 inches, including the handle in the eye of the blade and the face (blade) of the axe must be no longer than 4 inches and not overly sharp.

Assess participants’ maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others.
Girls should learn about throwing. Girls develop skills based on proper procedures and form, handling the equipment, getting the right stance, sighting, and observing safety practices.

Always keep the knife/hatchet pointed in a safe direction. This is the primary rule of target sport safety. A “safe direction” means that the knife/hatchet is handled so that even if it were to be dropped or slipped out of the thrower’s grip it would not cause injury or damage. The key to this rule is to control your actions at all times.

Ensure that equipment to be used is in good condition. Make sure that the equipment is clean, in good working order, and that nothing is broken or loose. Targets and backstops for targets are in good repair.

Dress appropriately for the activity. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also, have girls tie back long hair. Make sure girls and adults are wearing closed-toed shoes.

Plan in advance. Call ahead to determine any special suggestions from the vendor or facility.

Ensure the instructor reviews all rules, range, and operating procedures with participants beforehand.

Safety Gear
- Targets (positioned at recommended/safe distance)
- Hard shoes (to protect feet from bounce backs)
- Gloves (may be provided)

Target Sports -
Tomahawk, Knife, and Hatchet Throwing Progression Chart

<table>
<thead>
<tr>
<th>Shooting Type</th>
<th>Grade Level/ Minimum Age</th>
<th>Participant-to-Instructor Ratio</th>
<th>Instructor/Expert Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knife/Tomahawk/ Hatchet Throwing</td>
<td>C S A</td>
<td>2:1</td>
<td>One adult trained in throwing safety for equipment you are using, form and technique, range rules, and emergency procedures. In addition, one adult for every two Cadettes, Seniors or Ambassadors is required.</td>
</tr>
</tbody>
</table>

Girl Scouts of Northern California’s Approval Process for Tomahawk, Knife, and Hatchet Throwing
Tomahawk, Knife, and Hatchet Throwing are considered 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.