



Volunteer Essentials

Safety-Wise

High Adventure Activities

The following restrictions on activities are set to ensure the girls' safety, protect the council's and adult volunteers' legal interests, or both. There are some activities that the GSNorCal's insurance policy does not cover, and others where certain requirements must be met in order for the activity to be covered by GSNorCal's insurance.

Written pre-approval is required from the GSNorCal Risk Management department for any travel or high adventure activities. To request approval for a troop activity, use the [Trip or High Adventure Approval Form](#). Service Units use the [Event/Camp Notification & Approval Form](#) to request approval at least one month prior to the event.

Troops, service units, and committees are NOT legal entities, and therefore cannot legally enter into contracts. [Click for more info about having council staff review and sign your contract, facility agreement, use permit, or memorandum of understanding \(MOU\), or to request a Certificate of Insurance \[Money: Contracts & Certificates of Insurance\]](#)

Activities that Require Written Pre-Approval from the Council

Caution: You must get written pre-approval from the GSNorCal Risk Management & Travel Team for travel or high adventure activities. Submit the [Trip and High Adventure Approval Form](#).

Travel:

Any overnight trip (including camping outings), trips involving air travel, day trips, or international trips.

High Adventure Activities:

Land Sports

<ul style="list-style-type: none"> Archery Backpacking Camping Caving/Spelunking Challenge Courses Climbing and Rappelling Cross Country Skiing Downhill Skiing and Snowboarding Fencing Go-Karts Hayrides Hiking Horseback Riding 	<ul style="list-style-type: none"> Ice Skating and Roller Skating Indoor Trampoline Parks Inflatables Recreational Tree Climbing Segway Shooting Sports Slingshot Tomahawk, Knife, Hatchet Throwing Ziplining
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Water Activities

Canoeing Corcl Boating Inflatables Kayaking Offshore Water Vessels Rowboating Sailing Scuba	Snorkeling Standup Paddleboarding Surfing Swimming Tubing Waterskiing and Wakeboarding Whitewater Rafting Windsurfing
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Any other activity which might be considered high adventure, which are activities that would fall into either or both of these categories:

1. The activity involves a reasonable expectation of physical risk to the girls.
2. The activity involves legal risk to the adult volunteers and/or the council. These include situations where rider or other additional insurance may be required, vendor or facility contracts may need to be signed, adults must be certified in a specific skill, or other specific critical guidelines must be followed to ensure the safety of the girls.

Activities That Are Never Allowed

Warning: The following activities are never allowed for any member, and are not covered by Girl Scout insurance:

- Flying in noncommercial aircraft, such as small private planes, helicopters, sailplanes, hot-air balloons, or blimps.
- Potentially uncontrolled free-falling (bungee jumping, hang gliding, parachuting, parasailing, skydiving, and outdoor trampolines)
- Creating extreme variations of approved activities (such as high-altitude climbing and aerial tricks on bicycles, skis, snowboards, skateboards, water skis, and wakeboards, or stunt skiing)
- Jeep tours where participants will not be wearing seatbelts.
- Hunting
- Shooting a projectile at another person, such as paintball
- Riding all-terrain vehicles, motor bikes, or snow-mobiles.
- Riding motorized personal watercraft like jet-skis
- Outdoor Trampolines
- Skydiving and zero-gravity rooms
- Trapeze, including aerial ballet
- Taking watercraft trips in Class V or higher whitewater

In addition, there are some activities in which girls and volunteers may not engage when representing Girl Scouts. These include:

- Donation of Girl Scout funds to another organization
- Selling products online (completing the transaction and collecting money online) other than through the council provided links (Digital Cookie and Fall Sale links). You may not independently sell items online (for example, through a site that has an electronic shopping cart)
- Endorsement of commercial products or services (or selling any non-Girl Scout products)
- Fundraising by girls (solicitation of donations); fundraising is an adult activity
- Solicitation of financial contributions for purposes other than Girl Scouting (any other organization)
- Participation in partisan political campaigns or legislative activities (including letter-writing campaigns, participating in a political rally, circulating petitions, or carrying a political banner), unless the legislative activity has been council-approved
- Accounting for individual "accounts" for girls based on their product sales participation
- Girls under 13 using the internet or social media except using their parents' accounts under parental supervision
- Transporting girls in vans for more than 12 passengers
- Alcohol use by adults when they are responsible for supervising girls