

## Safety Activity Checkpoints

### What are Safety Activity Checkpoints?

Safety Activity Checkpoints and Girl Scout Safety Guidelines are designed to keep the girls and adults safe and to protect the adults and the council from legal liability. There are some activities that GSNorCal's insurance policy do not cover, and others where certain requirements must be met in order for the activity to be covered by GSNorCal's insurance.

When preparing for any activity with girls, start by reading the [Introduction to Safety Activity Checkpoints](#) and the [Safety Activity Checkpoint](#) for that particular activity ([www.gsnorcal.org/forms](http://www.gsnorcal.org/forms)). (If there is no Safety Activity Checkpoint for your activity, check to see if the activity is not allowed.) [[SAFETY-WISE: High Adventure Activities](#)]

Each Safety Activity Checkpoint offers:

- Information on what is required of the site and/or vendor where you plan on participating in this activity.
- How to include girls with disabilities.
- What basic and specialized gear is required for the activity.
- How to prepare yourselves in advance of the activity.
- What specific steps to follow on the day of the activity, and so on.

In addition to reading these checkpoints yourself, you can also email or print them for co-volunteers, parents/guardians, and the girls themselves. The checkpoints are formatted as checklists, so that you, your co-volunteers, and the girls can check off that each step has been accomplished.

In keeping with the three processes of the Girl Scout Leadership Experience [[PROGRAM: The Girl Scout Leadership Experience](#)], be sure that:

- **All activities are girl-led.** Take into account the age and abilities of the girls. Older girls can take the bulk of the responsibility for carefully planning and executing activities, while younger girls will require more of your guidance but should still be deeply involved in making decisions about their activities.
- **Girls have the chance to learn cooperatively.** Have the girls teach each other new skills they may need for the activities, rather than hearing all that from you.
- **Girls learn by doing.** If research or special equipment is needed, they'll learn better doing that research themselves rather than by having you do the legwork and report back to them. Even Daisies can do basic research and give reports or do show-and-tell for each other.

- Ambassadors may need you only for moral support as they research, teach each other, and plan every detail of their excursions.

If Safety Activity Checkpoints do not exist for an activity you and the girls are interested in, check with GSNorCal Risk Management before making any definite plans with the girls. A few activities are allowed only with written council pre-approval and only for girls 12 and over, while some are off-limits completely. [[SAFETY-WISE: High Adventure Activities](#)]

## Safety Activity Checkpoints

<b>Water Sports</b>	<b>Land Sports</b>	<b>Camping/Other Activities</b>
<a href="#">Canoeing</a> <a href="#">Corcl Boating</a> <a href="#">Fishing and Ice Fishing</a> <a href="#">Kayaking</a> <a href="#">Offshore Water Vessels</a> <a href="#">Rowboating</a> <a href="#">Sailing</a> <a href="#">Scuba</a> <a href="#">Snorkeling</a> <a href="#">Standup Paddleboarding</a> <a href="#">Surfing</a> <a href="#">Swimming</a> <a href="#">Tubing</a> <a href="#">Waterskiing &amp;</a> <a href="#">Wakeboarding</a> <a href="#">White Water Rafting</a> <a href="#">Windsurfing</a>	<a href="#">Archery</a> <a href="#">Bicycling</a> <a href="#">Challenge Courses</a> <a href="#">Climbing and Rappelling</a> <a href="#">Cross Country Skiing</a> <a href="#">Downhill Skiing and</a> <a href="#">Snowboarding</a> <a href="#">Fencing</a> <a href="#">Geocaching</a> <a href="#">Go-Karting</a> <a href="#">Hayrides</a> <a href="#">Horseback Riding</a> <a href="#">Ice Skating and Roller Skating</a> <a href="#">Indoor Trampoline Parks</a> <a href="#">Inflatables</a> <a href="#">Land Sports</a> <a href="#">Laser Tag</a> <a href="#">Orienteering</a> <a href="#">Parades and Large Group</a> <a href="#">Gatherings</a> <a href="#">Pocket Knife and Jackknife</a> <a href="#">Recreational Tree Climbing</a> <a href="#">Segway</a> <a href="#">Shooting Sports</a> <a href="#">Skateboarding</a> <a href="#">Sledding &amp; Tobogganing</a> <a href="#">Slingshot</a> <a href="#">Snowshoeing</a> <a href="#">Spelunking/Caving</a> <a href="#">Tomahawk, Knife, and Hatchet</a> <a href="#">Throwing</a> <a href="#">Ziplining</a>	<a href="#">Backpacking</a> <a href="#">Camping</a> <a href="#">Hiking</a> <a href="#">Outdoor Cooking</a>  <b>Other Activities</b> <a href="#">Amusement Parks</a> <a href="#">Animal Interactions</a> <a href="#">Arts, Crafts and STEM</a> <a href="#">Computer/Internet Use</a> <a href="#">Cookies/Product Program</a> <a href="#">Indoor Skydiving</a> <a href="#">Trip/Travel</a>