

Safety Activity Checkpoints ~ Activities at a Glance

Activities in Girl Scouting require consideration by the safe and caring adults who guide the girls through the planning of each activity. Noting the abilities of each girl and considering the progression of skills it takes to participate in each activity, from the easiest to the most difficult part of the activity, is the role of the adult. Making sure the complexity of the activities does not exceed girls' individual skills is the reason why the Safety Activities Checkpoints are based on progressive experience.

Certain Activities have been rated by Girl Scouts' national and local insurance company as high risk. High risk activities are those that, if practiced unsafely or in an unsafe environment, could cause serious injury or death to a participant, could require crisis communication if an injury occurs, or if not handled appropriately, could negatively impact the Girl Scout reputation or brand. High risk activities require council prior approval.

As you explore the many options to engage girls in exciting activities, you will notice that there are recommendations for some activities to start at an older grade level. These recommendations have taken into consideration the emotional, physical, and developmental stages of girls and should guide you as you plan activities with the girls. Please reach out to GSNorCal if you have specific questions about the progression. The ultimate goal is for girls to feel confident and comfortable with each planned activity. Please check the "Required Instructor Certifications; Experience" for asterisked explanations.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Amusement Parks	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Aerial Fitness				C	S	A	Not Required	Includes silks, hoops and trapeze. Follow the adult to-girl-ratios listed in the <i>Introduction</i> . Verify instructor experience and credentials.
Animal Interaction and Adventure	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .

Archery <i>*3-D Archery</i>		B	*J	C	S	A	Required	One adult should have certification from the National Field Archery Association, USA Archery, or Easton Foundation. In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required. <i>*3-D Archery is for Juniors and older</i>
Arts, Crafts, and STEM	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Backpacking	*D	*B	J	C	S	A	Required	Backpacking is not allowed for Daisies and Brownies, due to weight restrictions on their small frames, and the need when backpacking to be able to carry all their supplies needed to camp. *(FOR DAISIES AND BROWNIES,-REFER TO HIKING)
Bicycling	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> . Council approval may be required for long rides or difficult terrain.
Camping	D	B	J	C	S	A	Required	Ensure that at least one adult is trained for camping as required by GSNorCal. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i> .

Canoeing	*D	B	J	C	S	A	Required	<p>Follow <i>Master Paddling Chart</i> for certification by water type. At least one adult instructor or guide should be currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by GSNorCal.</p> <p>Certifications must be appropriate for the activity. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i>.</p> <p>*Not allowed for Daisies except with an experienced adult in each canoe on flat water.</p>
Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Spelunking/Caving			J	C	S	A	Required	A guide with documented experience in cave exploration accompanies the group into the cave.
Challenge Courses	*D	*B	J	C	S	A	Required	<p>Use instructors trained and certified by a verified agency who demonstrates competence in equipment maintenance, safety and rescue techniques, proper use of the course, and hands-on training. In addition, follow the adult to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i>. *Daisies and Brownies may participate only in activities that have been designed for their grade levels and that have equipment that suit the size and ability of each girl. Outdoor high ropes, and high elements are only permitted for Juniors and older.</p>

Climbing and Rappelling	*D	*B	J	C	S	A	Required	<p>*Daisies and Brownies are limited in what is permitted, so please check the <i>Master Progression Chart</i>. Daisies and Brownies can do slacklining and low challenge elements. Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older.</p> <p>*Brownies can participate in most indoor climbing activities. A minimum of one facilitator and an additional adult are present, and facilitators are skilled in selecting appropriate activities, teaching and supervising spotting and lowering techniques, and modifying tasks to meet girls' needs. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i>.</p>
Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Computer and Internet Use	D	B	J	C	S	A	Not Required	All girls, as well as their parents/guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when going online.
Canoe Boats		B	J	C	S	A	Required	Lifeguards should have current certification in American Red Cross (ARC) Lifeguarding with Waterfront Module or equivalent and have the proper training, experience, and rescue equipment for the body of water being used. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Cross-Country Skiing		B	J	C	S	A	Required	First-aider must have current certificate in first aid, including adult and child CPR or CPR/AED, and is prepared to handle cases of frostbite, cold exposure, hypothermia, sprains, fractures, and

								altitude sickness. Not allowed for Daisies due to complexity and strength.
Downhill Skiing and Snowboarding	D	B	J	C	S	A	Required	Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or possess equivalent certification.
Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Fencing	D	B	J	C	S	A	Required	One adult is a certified fencing instructor or has equivalent certification or documented experience according to GSNorCal's guidelines. Ensure that there is a ratio of one instructor for every ten girls. Additional adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i> .
Fishing and Ice Fishing	D	B	J	C	S	A	Not Required	Adult or fishing instructor should hold American Red Cross Basic Water Rescue certification or possesses equivalent certification or documented experience (competencies); the ratio of instructor to participant is one to ten. Additional adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Geocaching	*D	B	J	C	S	A	Not Required	*Daisies are permitted when working with older girls and adults as part of another outdoor activity.

Go-Karts			*J	C	S	A	Required	*Juniors can't operate self-driving go-karts, and must participate in activities on a rail system.
Hayrides	D	B	J	C	S	A	Required	Qualified driver must be licensed to drive a vehicle in the jurisdiction, is at least 21 years of age, and has experience hauling the trailer and driving the vehicle being used. Additional adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i> .
Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Hiking	D	B	J	C	S	A	Required	Adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to Safety Activity Checkpoints</i> .
Horseback Riding	*D	B	J	C	S	A	Required	Riding instructors are adults (at least 18 years old) who have current certification from an accredited horsemanship instructor training organization, such as the Certified Horsemanship Association and American Association for Horsemanship Safety, or documented proof of a minimum of three years' experience successfully instructing in a general horseback riding program. Additional adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> . *Daisies are only permitted on pony rides and hand-led horseback walks.

Ice Skating and Roller Skating	D	B	J	C	S	A	Required	Adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Indoor Skydiving			J	C	S	A	Required	Instructor must hold instructional certification from the International Bodyflight Association or has council approved equivalent certification or documented experience and skill in teaching and/or supervising indoor skydiving.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Indoor Trampoline		B	J	C	S	A	Required	Adults must be present to meet the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Inflatables - Aquatic Bounces and Slides - Aquatic Climbing Walls - Bounce Houses - Log Rolling - Bubble Soccer	*D	*B	J	C	S	A	Required	<p>*Daisies can only participate in bounce houses that are specific for their age, height, and/or weight.</p> <p>Aquatic bouncy houses and inflatable bounce bubbles and slides are approved for Brownies and above.</p> <p>Aquatic climbing walls are not permitted for Daisies and Brownies. Juniors and above may participate in aquatic climbing walls as long as they are strong swimmers and can swim in water deeper than five feet</p> <p>Log Rolling is not permitted for Daisies.</p>

								Bubble soccer is not permitted for Daisies and Brownies.
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Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Kayaking		B	J	C	S	A	Required	Follow <i>Master Paddling Progression Chart</i> for certification by water type. At least one adult instructor or guide should be currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by GSNorCal. Certifications must be appropriate for the activity. In addition, follow the adult-to-girl ratios listed in the Introduction to the Safety Activity Checkpoints.
Land Sports	D	B	J	C	S	A	Not Required	Ensure that adults are well versed in rules and aware of safety concerns for the designated sport.
Laser Tag	D	B	J	C	S	A	Not Required	Council approval is not required.

Offshore Water/Large Passenger Vessels	D	B	J	C	S	A	Required	Vessels (ferries, cruise ships, whale-watching watercraft, and airboats) must be licensed by the U.S. Coast Guard. Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
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Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Orienteering			J	C	S	A	Not Required	Orienteering is not recommended for Girl Scout Daisies and Brownies, but they may be ready to learn pre-orienteering activities, such as, map reading, navigation and map-drawing. Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Outdoor Cooking	D	B	J	C	S	A	Not Required	Ensure that at least one adult is trained for outdoor cooking as required by GSNorCal. In addition, always adhere to the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Parades and Large Gatherings	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Pocket Knife and Jackknife Safety	*D	B	J	C	S	A	Not Required	*Daisies can learn basic knife safety with cardboard and wood. See individual activity chapter for all instructor requirements and grade level recommendations.

Product Program	D	B	J	C	S	A	Not Required	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
Recreational Tree Climbing			J	C	S	A	Required	A certified instructor with documented experience in leading and teaching tree climbing is required. In addition, follow the adult-to-girl ratios listed in <i>the Introduction to the Safety Activity Checkpoints</i> . In recreational tree climbing, girls use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Row Boating	*D	B	J	C	S	A	Required	*Daisies may use basic row boats only if they have an adult in the boat with them. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Sailing		B	J	C	S	A	Required	Ensure that the adult or sailing instructor is certified as a sailing instructor or sailing counselor by U.S. Sailing, holds American Red Cross Small Craft Safety Certification, or possesses equivalent certification or documented experience.
Scuba				*C	S	A	Required	Scuba diving teacher holds instructional certification from Scuba Schools International (SSI), PADI, the National Association of Underwater Instructors (NAUI), or the YMCA. The instructor-to-girl ratio is one to four. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> . *Girls must be 12 years and older
Segway				C	S	A	Required	Vendor must be licensed and carry insurance. Segways are only allowed to be used in a pedestrian environment, not on public roads.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Target Sports <ul style="list-style-type: none"> - Target Paintball - Air/BB Guns <ul style="list-style-type: none"> - Rifle - Shotgun- Trap/Skeet Shooting <ul style="list-style-type: none"> - Muzzle Loading - Pistol 		*B	*J	*C	*S	A	Required	<p>*Brownies, Juniors and Cadettes under 12 years old are only allowed to participate in Target Paintball and Air/BB Guns. (See individual activity chapter for all instructor requirements and grade level recommendations.)</p> <p>*Girls must be 12 years or older to participate in Rifle, Shotgun- Trap/Skeet Shooting, and Muzzle loading activity. (See individual activity chapter for all instructor requirements and grade level recommendations.)</p> <p>*Girls must be 14 years or older to participate in Pistol shooting. (See individual activity chapter for all instructor requirements and grade level recommendations.)</p>
Skateboarding		B	J	C	S	A	Not Required	Skate parks should only be used by non-beginner skaters. Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> . Girls must go feet-first and helmets are strongly recommended. Girls are not permitted to be towed behind any vehicle, including snowmobiles.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Slingshot	D	B	J	C	S	A	Required	One adult instructor should be trained in slingshot safety, form and technique, range rules, and emergency procedures. In addition, one adult to every five Daisies and Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
Snorkeling			J	C	S	A	Required	Snorkeling instructor holds instructional certification from Scuba Schools International (SSI) or the Professional Association of Diving Instructors (PADI) or has equivalent certification. If the scuba instructor is not also a certified lifeguard, you will need a lifeguard present. Lifeguards need current ARC Lifeguarding plus Waterfront Module, or YMCA Waterfront Lifeguarding certification or equivalent. One lifeguard is needed for every 25 girls. In addition, follow the adult-to-girl ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Snowshoeing	D	B	J	C	S	A	Not Required	Instruction is given by an adult with experience teaching and/or supervising snowshoeing or has documented experience.
Standup Paddle Boarding			J	C	S	A	Required	Lifeguards should have current certification in American Red Cross (ARC) Lifeguarding with Waterfront module or equivalent and have the proper training, experience, and rescue equipment for the appropriate body of water. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Surfing			J	C	S	A	Required	Instructors should hold a certification from the National Surf Schools and Instructors Association, the International Surfing Association, or similar certification. Ocean lifeguard certifications are required. The instructor-to-girl ratio is one to four. In addition, follow the adult-to-girl ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Swimming	D	B	J	C	S	A	Required	Follow the lifeguard certification requirements and ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Ax, Knife, Hatchet Throwing				C	S	A	Required	One adult instructor should be trained in ax, knife or hatchet throwing safety, form and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
Tools – Hand and Power	D	B	J	C	S	A	Not Required	See the specific activity for grade level permission and progression. Certain power tools are not permitted, which apply to all grade levels.
Travel/Trips	D	B	J	C	S	A	Required	See the <i>Safety Activity Checkpoint</i> for grade-level trip and travel length recommendations. Follow adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
Tubing			J	C	S	A	Required	One adult must be certified in American Red Cross Small Craft Safety and the Moving Water module from the American Red Cross and have experience teaching and/or supervising tubing activities. If tubing behind a motorboat, make sure the driver is an adult and has a valid license to operate the motorboat. Girls are not permitted to be towed by jet skis or wave runners. Follow the lifeguard certification requirements and ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Virtual Troop Meetings	D	B	J	C	S	A	Not Required	Adults check with GSNorCal if they have any questions about which free video conferencing service to use.
Waterskiing and Wakeboarding			J	C	S	A	Required	Ensure that the adult or instructor is certified by USA Water Ski or possesses equivalent certification or documented experience. Confirm that the boat driver is an adult, has an appropriate license, and is skilled in operating the watercraft. Follow the lifeguard certification requirements and ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Whitewater Rafting		*B	**J	C	S	A	Required	Follow <i>Master Paddling Progression Chart</i> for certification by water type. *Brownies (Class I–II rapids only), **Juniors (Class I–III rapids only), Cadettes, Seniors, and Ambassadors (Class I–IV rapids only). No Girl Scout is permitted on Class V or VI rapids. Guides have American Canoe Association (ACA) Rafting

								Level 4 Instructor or higher certification, and/or International Rafting Federation (IRF) Guide certification. In addition, follow the adult-to-girl ratios listed in the <i>Introduction to the Safety Activity Checkpoints</i> .
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Windsurfing			J	C	S	A	Required	In addition to a lifeguard, at least one adult present should have small craft safety certification or equivalent experience. Follow the lifeguard certification requirements and ratios listed in the <i>Swimming Safety Activity Checkpoint</i> .
Zip Lining	*D	*B	J	C	S	A	Required	Not permitted for Daisies, except for playground zip lines. *Canopy tours are not permitted for Daisies or Brownies.