

Safety Activity Checkpoint Ice-Skating and Roller Skating

HIGH-ADVENTURE ACTIVITY: Trip or High-Adventure Approval Form Required
First-Aider Required

Council Approval: Required

Activity Permitted For: D B J C S A



About Skating

Roller and ice skating are much-loved Girl Scout activities. They are also a very common activity for injuries and insurance claims, so plan ahead and stress safety. Indoor skating, whether ice skating or roller skating will most likely not require a helmet. If the facility offers safety gear, including helmets or wrist guards, always opt to take the safety gear for girls. Always submit your [Trip or High Adventure Approval Form](#) to GSNorCal prior to ice skating and roller skating - especially when planning to ice skate on frozen lakes.

Know where to skate

To find a skating rink by region, visit the rink locator link at rinktime.com. Girls skate at night only in well-lit areas. For skating on frozen lakes, always select a site designated for skating and confirm temperature and ice conditions are safe for skating. GSNorCal does not require skating venues to be on the approved vendor list.

Making Activities Accessible

In order to make your activity accessible to girls of all abilities, it's important to communicate with all girl attendees and their caregivers to learn about and accommodate their varied support needs. For resources and information on accessible sport and adventure activities, visit [Move United](#).



Learn More:

- Learn how to brake and stop. Before skating, read about the safest ways to stop, based on skating ability level, at [Skating Techniques](#). Moves include wall stops, the brake-pad and the snowplow.
- Roller Skating Association International: [Roller Skating Association](#)

Equity

In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the girls in your troop that could affect a girl's ability to equally participate in an activity. Work with girls and families to understand how an activity is perceived. Ensure that all girls and their families feel comfortable that they have access to whatever is needed to fully participate, such as the proper equipment, prior experiences, and skills needed to enjoy the activity.

Safety Gear (for skating outdoors and in-line skating)

- Bike helmet or other helmet with the American National Standards Institute or SNELL Memorial Foundation seal, or both (helmets must be as snug as possible and be worn low over the forehead, approximately 1 inch above the eyebrows)

Recommended Gear

- Wrist guards that fit like a gloves
- Clothing that allows freedom of movement
- Long-sleeve shirt to help prevent scrapes
- Snug-fitting elbow pads and kneepads

Safety Activity Checkpoints

- **Standard Safety Guidelines.** Refer to the “Standard Safety Guidelines” in the [Introduction to Safety Activity Checkpoints](#) which apply to all Girl Scout gatherings and activities. When the adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines, always follow the stricter parameters in the activity chapter.
- **COVID-19 Guidelines.** Review the “Coronavirus Safety in Girl Scouts” section in the [Introduction to Safety Activity Checkpoints](#) under the “Standard Safety Guidelines” section and be certain to consult with [GSNorCal's specific COVID-19 guidance](#). When applicable, always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.
- **Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, or sudden illness.
- **Select a safe site.** Rinks are considered safest, but ensure that the rink has a smooth skating surface free of debris. The rink manager is called in advance to arrange for large groups or for practice sessions. The rink is adequately staffed to monitor the size of the crowd. Local ordinances or parks offices are checked to see whether skating is permitted on bike paths or in city parks.
- **Select proper-fitting skates.** Girls receive instructions in selecting the proper skate size. Skates are properly fitted, securely laced, and properly tied. Skate wheels, boots, and plates are kept clean and in good condition and are inspected. Girls never skate with broken or missing laces. No dangling decorations are attached to the laces.

- **Prepare for emergencies.** 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 injury from falls, especially abrasions. If any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. Learn more on how to become a Troop First-Aider by logging into your [MyGS Account- gsLearn](#).
- **Practice safe outdoor skating.** Outdoors, girls skate in areas where traffic or pedestrians will not interfere. Check local ordinances for any restrictions. Girls skate in the street or in a parking lot only if it is closed to traffic. When skating on a walkway, yield to pedestrians. Skate on the right side, pass on the left.

Follow basic in-line and roller-skating safety standards. Respect safety rules, such as:

- Everyone skates in the same direction.
- Girls do not stop in the main skating area (when skating in a rink).
- Skaters yield the right-of-way to those already in the rink.
- Skaters do not cut across the paths of other skaters.
- Skaters do not push, shove, or race.
- A falling skater does not grab hold of another skater.
- A fallen skater rises quickly, unless injured.
- Girls do not skate faster than their ability to stop.
- Skaters do not wear headphones while skating.
- Loose or sharp articles, such as handbags, combs, and keys are not carried onto the rink.
- Keep skates in top shape. Avoid water, sand, and debris, which damage wheel bearings.

Girl Scouts of Northern California's Approval Process for Skating

Ice- and Roller Skating are considered high-adventure activities 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, have a current background check, completed the troop chaperone course and troop driver course (if transporting girls), and completed the [California State Mandated Reporter Training](#). 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 [MyGS Account - GSLearn](#) in the section called Trip & Outdoor Advisor.
 - The **Trip & Outdoor Advisor Course** is required for all overnight and [high-adventure activities](#).
 - 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 **Girl Scout Small Craft Safety Training** is required before you take girls on a small craft water 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.