

Council Approval: Required

Activity Permitted For: *D *B J C S A

Note:

- * Canopy Zip Line Tours are **not permitted** for Daisies and Brownies
- * Daisies can only participate in Playground Zip Lines
- * See [Climbing and Adventure Sports--Master Progression Chart](#)



About Zip-lining

A zip-line consists of a pulley suspended on a cable, usually made of stainless steel, mounted on an incline. It is designed to enable a user propelled by gravity to travel from the top to the bottom of the inclined cable by holding on to, or attaching to, the freely moving pulley. The various types of zip-lines include:

- **Playground zip-lines:** These are short and low, intended for child's play, and found on some playgrounds and recreation venues. All Girl Scouts are permitted to use them.
- **Zip-lines:** These are launched from a platform usually accessed by a staircase, ladder, or climbing wall. They are sometimes found as part of a challenge course. Participants must be able to walk short distances and be able to climb stairs. Daisies are not permitted to participate in zip-lines except for playground zip-lines. In addition, check with the venue before arrival to determine their rules on age, height, and weight restrictions.
- **Canopy zip-line tours:** These are guided aerial explorations or transits of the forest canopy, most commonly done by means of a series of zip-lines or aerial walkways with platforms. Canopy tours are not permitted for Daisies and Brownies. In addition, check with the venue before arrival as many have minimum age requirements as well as height and weight restrictions.

Site Selection. Review [GSNorCal's Approved Vendor List](#) for a list of local facilities. Girl Scouts should use a venue that has professional accreditation by either the Professional Ropes Course Association (PRCA) or the Association for

Challenge Course Technology (ACCT) to ensure a regulated experience. Both of these organizations are accredited by the American National Standards Institute (ANSI) to develop industry standards and regulations.

Note that each venue sets its own rules regarding the age and weight of participants and some states regulate zip-lines as amusement rides.

Learn More:

- [Association for Challenge Course Technology](#)
- [Professional Ropes Course Association](#)
- [Specifications Amusement Ride Safety Act](#)

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](#).

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 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.

Arrange for transportation and adult supervision. See [Introduction to Safety Activity Checkpoints 2023-2024](#) for transportation information and recommended adult-to-girl ratios.

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.

Verify instructor knowledge and experience. An instructor with [Association of Challenge Course Technology \(ACCT\)](#) certification, or similar documented experience, is expected to have knowledge and experience in the following areas:

- setting stop ropes
- tying required knots
- assisting guests in proper harness and helmet fitting
- demonstrating proper zipping techniques
- operating the zip-line activity
- breaking guest's speed upon incoming approach

- performing retrievals and rescues
- inspecting equipment, and
- educating guests about the venue.

Ensure that the instructor has provided written documentation of the completed training. In addition, note that there is a regular process of review and update for all instructors.

Dress appropriately for the activity. Wear long pants or biker-type shorts, sturdy closed-toed athletic-type shoes, a helmet and a close-fitting top with sleeves. Do not wear dress shoes, sandals, water shoes, flip-flops, skirts, regular shorts, ponchos, or dangling jewelry of any kind. Those with long hair should have hair tied back.

All participants may be weighed and have their height measured before being issued zip-lining equipment.

Girls learn about and prepare for zip-lining. Instructors need to teach a set of readiness and action commands to all participants before beginning an activity. They must describe the objectives, safety procedures, and hazards to the participants before beginning.

Prepare for landing. Zip-line participants should be provided with a hands-on walk-through of what will happen at the landing zone when under full speed. Volunteers must attend the orientation session (even if they will not participate) along with the girls and learn what to watch for in order to supervise the girls in their care.

Girls practice safe zip-line course techniques. Zip-line participants should be provided with an explanation of how each piece of gear is used. Harnesses are designed to support the human body from the hips, and hanging upside down is not permitted.

Safety Gear

- Helmet (must be supplied by the venue, girls do not zip line without helmets)
- Harness (will be supplied by the venue)
- Sturdy closed-toed athletic-type shoes

Girl Scouts of Northern California's Approval Process for Zip-lining

Zip-lining is considered a high-adventure 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 [Volunteer Learning Portal](#) 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.
- **Adding high-adventure facilities to the Approved Vendor List:** If your preferred vendor is not listed on the High-Adventure Approved Vendor list, please follow the simple steps in the [Volunteer Essentials](#) for adding high-adventure vendors.
- **Have a Troop First-Aider present.** Troop First Aiders are required for troop/group activities as required for certain Safety Activity Checkpoints including camping, travel and high-adventure activities. [[SAFETYWISE: First Aid & First Aiders](#)] Learn more on how to become a Troop First-Aider by logging into your [Girl Scouts Volunteer Learning Portal](#).