

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. (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 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

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