

## Activities at a Glance

Activities in Girl Scouting require consideration by the safe and caring adult who guides the girls through the planning of each activity. Noting the abilities of girl and considering the progression of skills it takes 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 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. A council can provide approval for an activity in a manner that does not require approval every single time the troop practices an activity. However, a volunteer must confirm that the activity is approved by your council prior to taking girls whenever "Required" is indicated.

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 your council if you have specific questions about the progression. Guidelines may differ from state to state. The ultimate goal is for girls to feel confident and comfortable with each planned activity.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	High Risk	Council Approval Required	Required Instructor Certifications or Experience and Verification
<b>Amusement Parks</b>	D	B	J	C	S	A		Required	Follow the <b>adult-to-girl ratios</b> listed in the introduction.
<b>Aerial Fitness</b>				C	S	A		Required	Includes silks, hoops, and trapeze. Follow the <b>adult-to-girl ratios</b> listed in the introduction. Verify instructor experience and credentials.
<b>Animal Interaction and Adventure</b>	D	B	J	C	S	A		May be required depending on activity	Follow the <b>adult-to-girl ratios</b> listed in the introduction.

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<b>Backpacking</b>	*	*	J	C	S	A	X	Required	Backpacking is not recommended 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 <b>HIKING</b> )
<b>Bicycling</b>	D	B	J	C	S	A		May be required depending on activity	Follow the <b>adult-to-girl ratios</b> listed in the introduction. Council approval required for long rides or difficult terrain.
<b>Camping</b>	D	B	J	C	S	A		Required	Ensure that at least one adult is trained for camping as required by your council. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction.
<b>Computer and Internet Use</b>	D	B	J	C	S	A		Not required	All girls, as well as their parents/guardians, must read, agree to, and abide by the <b>Girl Scout Internet Safety Pledge</b> when going online.
<b>Cookie and Product Program</b>	D	B	J	C	S	A		Permission Required	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
<b>Cross-Country Skiing</b>	*D	B	J	C	S	A		Required	First-aider has a 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 recommended for Daisies due to complexity and strength.
<b>Downhill Skiing and Snowboarding</b>	D	B	J	C	S	A	X	Required	Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or possess equivalent certification.

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Fencing		B	J	C	S	A		Required	One adult is a certified fencing instructor or has equivalent certification or documented experience according to your council's guidelines. Ensure that there is a ratio of one instructor for every ten girls. Additional adults must be present to meet the <b>adult-to-girl ratios</b> listed in the introduction.
Fishing and Ice Fishing	D	B	J	C	S	A		Required	Adult or fishing instructor holds American Red Cross Basic Water Rescue certification or possesses equivalent certification or documented experience (competencies); the ratio of instructor to participate is one to ten. Additional adults must be present to meet the <b>adult-to-girl ratios</b> listed in the introduction.
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	X	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 who is 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 <b>adult-to-girl ratios</b> listed in the introduction.
Hiking	D	B	J	C	S	A		May be required depending on activity	Adults must be present to meet the <b>adult-to-girl ratios</b> listed in the introduction.

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Horseback Riding	*D	B	J	C	S	A	X	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 <b>adult-to-girl ratios</b> listed in the introduction. *Daisies are only permitted on pony rides and hand-led horseback walks.
Ice Skating & Roller Skating	D	B	J	C	S	A		Required	Adults must be present to meet the <b>adult-to-girl ratios</b> listed in the introduction.
Indoor Skydiving			J	C	S	A	X	Required	Instructor holds 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.
Indoor Trampoline		B	J	C	S	A		Required	Adults must be present to meet the <b>adult-to-girl ratios</b> listed in the introduction.
Internet Safety Pledge	D	B	J	C	S	A			All girls take the Girl Scout Internet Safety Pledge.
Land Sports (See Miscellaneous SAC)	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 (See Miscellaneous SAC)	D	B	J	C	S	A		Required	Verify vendor is licensed and carries insurance.
Offshore Water/Large Passenger Vessels	D	B	J	C	S	A	X	Required	Vessels (ferries, cruise ships, whale-watching watercraft, and airboats) must be licensed by the U.S. Coast Guard. Follow the <b>adult-to-girl ratios</b> listed in the introduction.

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<b>Orienteering</b>			J	C	S	A		May be required depending on activity	Orienteering is not recommended for the 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 <b>adult-to-girl ratios</b> listed in the introduction.
<b>Outdoor Cooking</b>	D	B	J	C	S	A		Required	Ensure that at least one adult is trained for outdoor cooking as required by your council. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction.
<b>Parades and Other Large Group Gatherings</b>	D	B	J	C	S	A		Required	Follow the <b>adult-to-girl ratios</b> listed in the introduction.
<b>Pocket Knife &amp; Jackknife Safety</b>	*D	B	J	C	S	A		Required	See individual activity chapter for all instructor requirements and grade level recommendations. Daisies can learn pocketknife and jackknife safety with cardboard or wood examples.
<b>Sailing</b>		*B	J	C	S	A	X	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 according to your council's guidelines. The instructor-to-girl ratio is one to four. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction. *Ensure Brownie maturity level for sailing.
<b>Scuba Diving</b>				C	S	A	X	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 <b>adult-to-girl ratios</b> listed in the introduction.

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<b>Segway</b> (See Miscellaneous SAC)					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.
<b>Skateboarding</b> (See Miscellaneous SAC)		B	J	C	S	A		Required	Skate parks should only be used by non-beginner skaters. Follow the <b>adult-to-girl ratios</b> listed in the introduction.
<b>Sledding, Tobogganing, and Snow Tubing</b>	D	B	J	C	S	A		Required	Follow the <b>adult-to-girl ratios</b> listed in the introduction. Girls must go feet-first and helmets are strongly recommended. Girls are not permitted to be towed behind a vehicle, including snowmobiles. No sledding near trees, buildings, or roadways.
<b>Snorkeling</b>			J	C	S	A	X	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 <b>adult-to-girl ratios listed in the Swimming SAC</b> .
<b>Snowshoeing</b>	D	B	J	C	S	A		May be required depending on activity	Instruction is given by an adult with experience teaching and/or supervising snowshoeing or has documented experience.
<b>Spelunking/Caving</b>			J	C	S	A	X	Required	A guide with documented experience in cave exploration accompanies the group into the cave.
<b>STEM</b> (See Miscellaneous SAC)	D	B	J	C	S	A		Not Required	Follow the <b>adult-to-girl ratios</b> listed in the introduction.

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Surfing			J	C	S	A	X	Required	Instructors should hold a certification from the National Surf Schools and Instructors Association, the International Surfing Association, or similar certification. Notify lifeguards and point out location of surfers. Ocean lifeguard certifications are required. The instructor-to-girl ratio is one to four. In addition, follow the <b>adult-to-girl ratios listed in the Swimming SAC</b> . Girls must demonstrate appropriate swim skill level.
Swimming	D	B	J	C	S	A		Required	Follow the lifeguard certification requirements and <b>ratios listed in the Swimming SAC</b> .
Tethered Balloon Rides			J	C	S	A	X	Required	Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction.
Tools – Hand and Power	D	B	J	C	S	A		May be required depending on activity	<b>See specific activity for grade level permission and progression.</b> Certain power tools are not permitted which apply to all grade levels.
Travel/Trips	D	B	J	C	S	A	X	Required	See SAC for grade-level trip and travel length recommendations. Follow the <b>adult-to-girl ratios</b> listed in the introduction.
Tubing			J	C	S	A	X	Required	One adult must be certified in America 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 <b>ratios listed in the Swimming SAC</b> .

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Virtual Troop Meetings	D	B	J	C	S	A		May Be Required	Adults check with their local Girl Scout council if they have any questions about which free video conferencing service to use. Councils may prefer to utilize only specific conferencing services or they may leave this entirely up to the volunteer. Always follow the safety checkpoints for virtual meeting.
Waterskiing and Wakeboarding			J	C	S	A	X	Required	Ensure the adult or instructor is certified by USA Water Ski or possesses equivalent certification or documented experience according to your council's guidelines. 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 <b>ratios listed in the Swimming SAC.</b>
Windsurfing/Sail Boarding			J	C	S	A	X	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 <b>ratios listed in the Swimming SAC.</b>
<b>Climbing and Adventure</b>									
Challenge Courses	*D	*B	J	C	S	A	X	Required	Instructor 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 <b>adult-to-girl ratios</b> listed in the introduction. *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.



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Climbing and Rappelling	*D	*B	J	C	S	A	X	Required	*Daisies and Brownies are permitted to boulder, slackline and do low challenge elements. Note the Daisies and Brownies may participate only in activities designed for their ages, with equipment suitable to the size and ability of each girl. Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older. *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 <b>adult-to-girl ratios</b> listed in the introduction.
Recreational Tree Climbing			J	C	S	A	X	Required	A certified instructor with documented experience in leading and teaching tree climbing is required. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction. In recreational tree climbing, girls use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.
Zip Lining		*B	J	C	S	A	X	Required	Not permitted for Daisies, except for playground zip lines. *Canopy tours are not permitted for Daisies or Brownies.
<b>Inflatables</b>									
Aquatic Bounce Houses and Slides		B	J	C	S	A		Required	Aquatic bouncy houses and inflatable bounce bubbles and slides are approved for Brownies and above.
Aquatic Climbing Walls			J	C	S	A		Required	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.

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Bounce Houses	*D	B	J	C	S	A		Required	*Daisies can only participate in bounce houses that are specific for their age, height, and/or weight.
Log Rolling with Synthetic Logs		B	J	C	S	A		Required	Log Rolling with Synthetic Logs can take place in a pool or lake. See Inflatables section for requirements. *Daisies are not permitted. A certified lifeguard must be present.
Bubble Soccer			J	C	S	A		Required	Bubble soccer is not permitted for Daisies and Brownies.
<b>Paddle Sports</b>									
Canoeing	*D	B	J	C	S	A	X	Required	Follow <b>Master Paddling Chart</b> for certification by water type. At least one adult instructor or guide is currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by your council. Certifications must be appropriate for the activity. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction. *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Corcl Boats		B	J	C	S	A		Required	Lifeguards 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 <b>adult-to-girl ratios</b> listed in the introduction.

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Kayaking		*B	J	C	S	A	X	Required	Follow <b>Master Paddling Chart</b> for certification by water type. At least one adult instructor or guide is currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by your council. Certifications must be appropriate for the activity. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction. *Flat water only for Brownies.
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 <b>adult-to-girl ratios</b> listed in the introduction.
Standup Paddle Boarding			J	C	S	A	X	Required	Lifeguards 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 <b>adult-to-girl ratios</b> listed in the introduction.
Whitewater Rafting		*B	**J	C	S	A		Required	Follow <b>Master Paddling Chart</b> 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 America Canoe Association (ACA) Rafting Level 4 Instructor or higher certification, and/or International Rafting Federation (IRF) Guide certification. In addition, follow the <b>adult-to-girl ratios</b> listed in the introduction.

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<b>Target Sports</b>									
<b>3-D Archery</b>			J	C	S	A	X	Required	One adult is certified by the National Field Archery Association, USA Archery, or Easton Foundation. In addition, one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
<b>Air/BB Guns</b>		B	J	C	S	A	X	Required	One adult is a certified National Rifle Association range safety officer or US Shooting Sports instructor. In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
<b>Archery</b>		B	J	C	S	A	X	Required	One adult has 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 unless on a Girl Scout site.
<b>Axe/Hatchet Throwing</b>				C	S	A	X	Required	One adult instructor trained in hatchet/ax throwing safety, form and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
<b>Knife Throwing</b>				C	S	A	X	Required	One adult instructor trained in knife throwing safety, form, and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
<b>Muzzle Loading</b>				*C	S	A	X	Required	*Girls must be 12 years or older to participate. One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.

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Pistol					*S	A	X	Required	*Girls must be 14 years or older to participate. One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. In addition, one adult to every four Cadettes, Seniors, and Ambassadors is required.
Rifle				*C	S	A	X	Required	*Girls must be 12 years or older to participate. One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. In addition, one adult to every eight Cadettes, Seniors, and Ambassadors is required.
Shotgun – Trap/Skeet Shooting				*C	S	A	X	Required	*Girls must be 12 years or older to participate. One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. In addition, one adult to every eight Cadettes, Seniors, and Ambassadors is required.
Slingshot	D	B	J	C	S	A		Required	One adult instructor 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.
Target Paintball		B	J	C	S	A		Required	One adult is trained in paintball safety, range rules, and emergency procedures. In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.