

Age Appropriate Checklist for Girl Scout Activities Please refer to the full version of Safety Activity Checkpoints (SAC) for specific guidelines and requirements for each activity listed below.	Daisies (K-1)	Brownies (2-3)	Juniors (4-5)	Cadettes (6-8)	Seniors (9-10)	Ambassadors (11-12)	Council Approval Required
General – “*” refers to limited permissions (see note page 2)							
Segway (See Misc. Activities in SAC)					X	X	Required
Aerial Fitness				X	X	X	Required
Go-Karts			*	X	X	X	Required
Indoor Skydiving			X	X	X	X	Required
Rocketry/Model Rocketry			X	X	X	X	Required
Fencing		X	X	X	X	X	Required
Skateboarding		X	X	X	X	X	Required
Indoor Trampoline	*	X	X	X	X	X	Required
Horseback Riding	*	X	X	X	X	X	Required
Pocket Knife & Jackknife Safety	*	X	X	X	X	X	Required
Amusement Parks	X	X	X	X	X	X	Required
Animal Interactions & Adventure	X	X	X	X	X	X	May Be Required
Bicycling	X	X	X	X	X	X	May Be Required
Community Clean-Ups	X	X	X	X	X	X	Required
Computer & Internet Use	X	X	X	X	X	X	Not Required
Cookie & Product Program	X	X	X	X	X	X	Permission Required
Fishing & Ice Fishing	X	X	X	X	X	X	Required
Hayrides	X	X	X	X	X	X	Required
Ice Skating & Roller Skating	X	X	X	X	X	X	Required
Land Sports (See Misc. Activities in SAC)	X	X	X	X	X	X	Not Required
Laser Tag (See Misc. Activities in SAC)	X	X	X	X	X	X	Required
Parades & Other Larger Gatherings Including Service Unit Events	X	X	X	X	X	X	Required
STEM	X	X	X	X	X	X	Not Required
Tools (See Master Tool Chart in SAC)**	X	X	X	X	X	X	May Be Required
Travel/Trips	X	X	X	X	X	X	Required
Virtual Troop Meetings	X	X	X	X	X	X	May Be Required
Outdoor Adventures – “*” refers to limited permissions (see note page 2)							
Orienteering			X	X	X	X	May Be Required
Spelunking/Caving			X	X	X	X	Required
Tethered Balloon Rides			X	X	X	X	Required
Backpacking	*	*	X	X	X	X	Required
Cross-Country Skiing	*	X	X	X	X	X	Required
Geocaching	*	X	X	X	X	X	Not Required
Camping	X	X	X	X	X	X	Required
Downhill Skiing & Snowboarding	X	X	X	X	X	X	Required
Hiking	X	X	X	X	X	X	May Be Required
Outdoor Cooking	X	X	X	X	X	X	Required
Sledding, Tobogganing, Snow Tubing	X	X	X	X	X	X	Required
Snowshoeing	X	X	X	X	X	X	May Be Required
Climbing Adventures – “*” refers to limited permissions (see note page 2)							
Recreational Tree Climbing			X	X	X	X	Required
Zip Lining	*	*	X	X	X	X	Required
Challenge Courses	*	*	X	X	X	X	Required
Climbing & Rappelling (See Master Chart for Climbing & Adventure Sports in SAC)**	*	*	X	X	X	X	Required

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Aquatic Adventures – “*” refers to limited permissions (see note below) “***” – See Paddling & Rowing Sports – Master Progression Chart in SAC							
Scuba Diving				X	X	X	Required
Whitewater Rafting**		*	*	X	X	X	Required
Snorkeling			X	X	X	X	Required
Standup Paddle Boarding**			X	X	X	X	Required
Surfing			X	X	X	X	Required
Tubing			X	X	X	X	Required
Waterskiing & Wakeboarding			X	X	X	X	Required
Windsurfing & Sail Boarding			X	X	X	X	Required
Kayaking**		*	X	X	X	X	Required
Sailing		*	X	X	X	X	Required
Corcl Boats**		X	X	X	X	X	Required
Canoeing**	*	X	X	X	X	X	Required
Row Boating**	*	X	X	X	X	X	Required
Offshore Water/Large Passenger Vessels	X	X	X	X	X	X	Required
Swimming	X	X	X	X	X	X	Required
Target Sports – “*” refers to limited permissions (see note below) “***” – See Target & Shooting Sports – Master Progression Chart in SAC							
Pistol**					*	X	Required
Rifle**				*	X	X	Required
Shotgun – Trap/Skeet Shooting**				*	X	X	Required
Axe/Hatchet Throwing**				X	X	X	Required
Knife Throwing**				X	X	X	Required
Muzzle Loading**			*	X	X	X	Required
3-D Archery**				X	X	X	Required
Air/BB Guns**		X	X	X	X	X	Required
Archery**		X	X	X	X	X	Required
Target Paintball**		X	X	X	X	X	Required
Slingshot**	X	X	X	X	X	X	Required
Inflatables – “*” refers to limited permissions (see note below)							
Aquatic Climbing Walls			X	X	X	X	Required
Bubble Soccer			X	X	X	X	Required
Aquatic Bounce Houses & Slides		X	X	X	X	X	Required
Log Rolling with Synthetic Logs	X	X	X	X	X	X	Required
Bounce Houses	*	X	X	X	X	X	Required
Activities Not Permitted							
Bungee Jumping	Parachuting or Sky Diving				Snowmobiling		
Flying in privately owned planes, helicopters or blimps	Parasailing				Stunt Skiing		
	Paintball Tagging				Untethered Hot Air Balloons		
Hang-Gliding	Riding All-Terrain Vehicles (ATV's)				Using Outdoor Trampolines		
Hunting	Riding Motorbikes or Electric Scooters				Zorbing		
<p>*Activities marked “*” refer to special requirements for the age level listed.</p> <p>**Activities marked “***” refer to a Master Chart of additional requirements for all age levels.</p> <p>Additional requirements and Master Charts can be found in the full version of Safety Activity Checkpoints found at www.girlscouts-gssi.org under the Resource Tab.</p>							