

Activities at a Glance

Summary of Safety Activity Checkpoints

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. 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 the Girl Scouts of Northeastern New York Volunteer Department (volunteering@girlscoutsneny.org) 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.

You will find information regarding Council Documentation Required. Please note this is only dependent on the activity listed. If you are participating in this activity and are inviting non-Girl Scouts, traveling farther than 100 miles away, traveling internationally or staying overnight for more than 2 nights this requires different additional paperwork.

To submit required documentation or if you have any questions please contact the Volunteer Department at volunteering@girlscoutsneny.org or 518-489-8110 ext. 194.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
3-D Archery			J	C	S	A	X	Required	Intent to Travel	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.
Aerial Fitness				C	S	A		Required	Intent to Travel	Includes silks, hoops and trapeze. Follow the adult to-girl-ratios listed in the introduction. Verify instructor experience and credentials.
Air/BB Guns		B	J	C	S	A	X	Required	Intent to Travel	One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
Amusement Parks	D	B	J	C	S	A		Not Required	None	Follow the adult-to-girl ratios.
Animal Interaction and Adventure	D	B	J	C	S	A		Not Required	None	Follow the adult-to-girl ratios.
Aquatic Bounces and Slides		B	J	C	S	A		Not Required	None	Ensure there are certified lifeguards at each activity. Girls will need to take a swim test prior to the trip to ensure they can swim
Aquatic Climbing Walls			J	C	S	A		Not Required	None	Ensure there are certified lifeguards at each activity. Girls will need to take a swim test prior to the trip to ensure they can swim. 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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Archery		B	J	C	S	A	X	Required	Intent to Travel	One adult has certification from the National Field Archery Association, USA Archery, or Easton Foundation. In addition In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
Ax/Hatchet Throwing				C	S	A	X	Required	Intent to Travel	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.
Backpacking	*	*	J	C	S	A	X	Required	Intent to Travel	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 see Hiking as an alternative activity
Bicycling	D	B	J	C	S	A		May Be Required	Intent to Travel*	Follow the adult-to-girl ratios listed in the introduction. Council approval is required for long rides (10+ continuous miles) or difficult terrain. *Intent to Travel and additional insurance is only required for trips which require Council approval.
Bounce Houses	*D	B	J	C	S	A		Not Required	None	*Daisies can only participate in bounce houses that are specific for their age, height, and/or weight.
Bubble Soccer			J	C	S	A		Not Required	None	Bubble soccer is not permitted for Daisies and Brownies.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Camping	D	B	J	C	S	A		Required	Intent to Travel	Ensure that at least one adult is trained for camping through Council training, Blended Outdoor Skills. In addition, follow the adult-to-girl ratios listed in the introduction.
Canoeing	*D	B	J	C	S	A	X	Required	Intent to Travel	Follow Master Paddling Chart 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 adult-to-girl ratios listed in the Introduction. *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Challenge Courses	*D	*B	J	C	S	A	X	Required	Intent to Travel	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 adult to-girl ratios 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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Climbing and Rappelling	*D	*B	J	C	S	A	X	Required	Intent to Travel	<p>*Daisies and Brownies are permitted to boulder, slackline and do low challenge elements. Note that Daisies and Brownies may participate only in activities designed for their ages, with equipment suitable to the size and ability of each girl.</p> <p>Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older.</p> <p>*Brownies can participate in most indoor climbing activities.</p> <p>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 adult-to-girl ratios listed in the introduction.</p>
Community Clean-Up	D	B	J	C	S	A	X	Required	Intent to Travel	Check grade permission levels that apply for the individual type of projects which are outlined in this activity chapter. For example, beachfront, waterways, parks, and roadside.
Computer and Internet Use	D	B	J	C	S	A		Not Required	None	All girls, as well as their parents/guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when going online.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Cookie and Product Sales	D	B	J	C	S	A		Not Required	None	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
Corcl Boats		B	J	C	S	A		Required	Intent to Travel	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 adult-to girl ratios listed in the introduction.
Cross-Country Skiing	*D	B	J	C	S	A		Not Required	None	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.
Downhill Skiing and Snowboarding	D	B	J	C	S	A	X	Required	Intent to Travel	Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or possess equivalent certification.
Fencing	D	B	J	C	S	A		Not Required	None	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 adult-to-girl ratios listed in the introduction.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Fishing and Ice Fishing	D	B	J	C	S	A		Not Required	None	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 participant is one to ten. Additional adults must be present to meet the adult-to-girl ratios listed in the introduction.
Geocaching	*D	B	J	C	S	A		Not Required	None	*Daisies are permitted when working with older girls and adults as part of another outdoor activity.
Go-Karts			*J	C	S	A	X	Required	Intent to Travel	*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	Intent to Travel	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 adult-to-girl ratios listed in the introduction.
Hiking	D	B	J	C	S	A		Not Required	None	Adults must be present to meet the adult-to-girl ratios listed in the Introduction.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Horseback Riding	*D	B	J	C	S	A	X	Required	Intent to Travel	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 adult-to-girl ratios listed in the introduction. *Daisies are only permitted on pony rides and hand-led horseback walks.
Ice Skating and Roller Skating	D	B	J	C	S	A		May Be Required	Intent to Travel*	Adults must be present to meet the adult-to-girl ratios listed in the introduction. Council approval is required for frozen lakes. *Intent to Travel only required for frozen lakes.
Indoor Skydiving			J	C	S	A	X	Required	Intent to Travel	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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Indoor Trampoline		*B	J	C	S	A		May Be Required	Intent to Travel*	Adults must be present to meet the adult-to-girl ratios listed in the introduction. Council approval is required for Brownies only, Juniors through Ambassadors do not require Council approval. *Intent to Travel form is only required for Brownies
Kayaking		*B	J	C	S	A	X	Required	Intent to Travel	Follow Master Paddling Chart for certification by water type. At least one adult instructor or guide is currently certified by the American Canoe Association, or other sponsoring organization approved by your council. Certifications must be appropriate for the activity. In addition, follow the adult-to-girl ratios listed in the introduction. *Brownies can only kayak in flat water.
Knife Throwing				C	S	A	X	Required	Intent to Travel	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.
Land Sports (See Miscellaneous SAC)	D	B	J	C	S	A		Not Required	None	Ensure that adults are well versed in rules and aware of safety concerns for the designated sport.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Laser Tag (See Miscellaneous SAC)	*D	*B	J	C	S	A		May Be Required	Intent to Travel*	Verify vendor is licensed and carries insurance. Council approval is required for Daisies & Brownies only, Juniors through Ambassadors do not require Council approval. *Intent to Travel form is only required for Daisies and Brownies
Log Rolling		B	J	C	S	A		Not Required	None	Logging is not permitted for Daisies.
Muzzle Loading				*C	S	A	X	Required	Intent to Travel	*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.
Offshore Water/Large Passenger Vessels	D	B	J	C	S	A	X	Required	Intent to Travel	Vessels (ferries, cruise ships, whale-watching watercraft, and airboats) must be licensed by the U.S. Coast Guard. Follow the adult-to-girl ratios listed in the introduction.
Orienteering			J	C	S	A		Not Required	None	Orienteering is not recommended for 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 adult-to-girl ratios listed in the Introduction.
Outdoor Cooking	D	B	J	C	S	A		Not Required	None	Ensure that at least one adult is trained for outdoor cooking as required by your council, Blended Outdoor Skills. In addition, always adhere to the adult-to-girl ratios.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Parades and Other Large Group Gatherings	D	B	J	C	S	A		Not Required	None	Follow the adult-to-girl ratios listed in the introduction.
Pistol					*S	A	X	Required	Intent to Travel	*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.
Pocket Knife and Jackknife Safety	D	B	J	C	S	A		Required	Intent to Travel	See individual activity chapter for all instructor requirements and grade level recommendations. Daisies can learn pocketknife and jackknife safety with cardboard or wood examples.
Recreational Tree Climbing			J	C	S	A	X	Required	Intent to Travel	A certified instructor with documented experience in leading and teaching tree climbing is required. In addition, follow the adult-to-girl ratios listed in the introduction. In recreational tree climbing, girls use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.
Rifle				*C	S	A	X	Required	Intent to Travel	*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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Rocketry/Model Rocketry	*	*	J	C	S	A		Required	Intent to Travel	Daisies and Brownies are not quite ready to participate in model rocketry as defined in this activity. Daisies and Brownies can participate in simple science experiments like air powered drinking straw rockets, balloon rockets, stomp rockets or water powered bicycle pump rockets. *Daisies and Brownies may observe model rocket launches at a safe distance.
Row Boating	*D	B	J	C	S	A		Required	Intent to Travel	*Daisies may use basic row boats only if they have an adult in the boat with them. In addition, follow the adult-to-girl ratios listed in the introduction.
Sailing		*B	J	C	S	A	X	Required	Intent to Travel	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 1 to 4. In addition, follow the adult-to-girl ratios listed in the introduction. *Ensure Brownie maturity level for sailing.
Scuba Diving				C	S	A	X	Required	Intent to Travel	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 adult-to-girl ratios listed in the introduction.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Segway (See Miscellaneous SAC)				C	S	A		Not Required	None	Vendor must be licensed and carry insurance. Segways are only allowed to be used in a pedestrian environment, not on public roads.
Shotgun—Trap/ Skeet Shooting				*C	S	A	X	Required	Intent to Travel	*Girls must be 12 years old 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.
Skateboarding (See Miscellaneous SAC)		B	J	C	S	A		Not Required	None	Skate parks should only be used by non-beginner skaters. Follow the adult-to-girl ratios listed in the introduction.
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A		Not Required	None	Follow the adult-to-girl ratios listed in the introduction. Girls must go feet-first and helmets are required. Girls are not permitted to be towed behind any vehicle, including snowmobiles. No sledding near trees, buildings, or roadways.
Slingshot	D	B	J	C	S	A		Required	Intent to Travel	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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Snorkeling			J	C	S	A	X	Required	Intent to Travel	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 adult-to-girl ratios listed in the Swimming SAC.
Snowshoeing	D	B	J	C	S	A		Not Required	None	Instruction is given by an adult with experience teaching and/or supervising snowshoeing or has documented experience.
Spelunking/Caving			J	C	S	A	X	Required	Intent to Travel	A guide with documented experience in cave exploration accompanies the group into the cave.
Standup Paddle Boarding			J	C	S	A	X	Required	Intent to Travel	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 appropriate body of water. In addition, follow the adult-to-girl ratios listed in the Introduction.
STEM, Arts, Crafts (See Miscellaneous SAC)	D	B	J	C	S	A		Not Required	None	Follow the adult-to-girl ratios listed in the introduction.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Surfing			J	C	S	A	X	Required	Intent to Travel	Instructors should hold a certification from the National Surf Schools and Instructors Association, the International Surfing Association, or similar certification. Ocean lifeguard certifications are required. The instructor-to-girl ratio is one to four. In addition, follow the adult-to-girl ratios listed in the Swimming SAC. Girls must demonstrate appropriate swim skill level.
Swimming	D	B	J	C	S	A		Required	Intent to Travel	Follow the lifeguard certification requirements and ratios listed in the Swimming SAC.
Target Paintball		B	J	C	S	A		Required	Intent to Travel	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.
Tethered Balloon Rides			J	C	S	A	X	Required	Intent to Travel	Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed. In addition, follow adult-to-girl ratios listed in the intro.
Tools – Hand and Power	D	B	J	C	S	A		Required	Intent to Travel	See the specific activity for grade level permission and progression. Certain power tools are not permitted which apply to all grade levels.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Travel/Trips	D	B	J	C	S	A	X	May Be Required	Intent to Travel*	See SAC for grade-level trip and travel length recommendations. Follow adult-to-girl ratios listed in the introduction. *Specific trips require different documentation, please see the travel flow chart for more information
Tubing			J	C	S	A	X	Required	Intent to Travel	One adult must be certified in American 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 ratios listed in the Swimming SAC.
Virtual Troop Meetings	D	B	J	C	S	A		Not Required	None	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.

Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk	Council Approval Required	Council Paperwork Required	Required Instructor Certifications; Experience; Verification
Waterskiing and Wakeboarding			J	C	S	A	X	Required	Intent to Travel	Ensure that 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 ratios listed in the Swimming SAC.
Whitewater Rafting		*B	**J	C	S	A		Required	Intent to Travel	Follow Master Paddling Chart 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 American Canoe Association (ACA) Rafting Level 4 Instructor or higher certification, and/or International Rafting Federation (IRF) Guide certification. In addition, follow the adult-to-girl ratios listed in the introduction.
Windsurfing/Sail Boarding			J	C	S	A	X	Required	Intent to Travel	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 ratios listed in the Swimming SAC.
Zip Lining		*B	J	C	S	A	X	Required	Intent to Travel	Not permitted for Daisies, except for playground zip lines. *Canopy tours are not permitted for Daisies or Brownies.

