

## 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; Experience; Verification; Additional Comments
<a href="#">Amusement Parks</a>	D	B	J	C	S	A		May Be Required	Follow the adult-to-girl ratios listed in the introduction.
<a href="#">Aerial Fitness</a>				C	S	A		May Be Required	Includes silks, hoops and trapeze. Follow the adult to-girl-ratios listed in the introduction. Verify instructor experience and credentials.
<a href="#">Animal Interaction and Adventure</a>	D	B	J	C	S	A		Not Required	Follow the adult-to-girl ratios listed in the introduction.

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<a href="#">Backpacking</a>	*	*	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 HIKING)
<a href="#">Bicycling</a>	D	B	J	C	S	A		May Be Required	Follow the adult-to-girl ratios listed in the introduction. Council approval may be required for long rides or difficult terrain.
<a href="#">Camping</a>	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 adult-to-girl ratios listed in the introduction.
<b>Climbing and Adventure</b>									
<a href="#">Challenge Courses</a>	*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 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.

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<a href="#">Climbing and Rappelling</a>	*D	*B	J	C	S	A	X	Required	*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. 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 adult-to-girl ratios listed in the introduction.
<a href="#">Recreational Tree Climbing</a>			J	C	S	A	X	Required	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.
<a href="#">Zip Lining</a>		*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 on non-girl scout sites.
<a href="#">Community Clean-Up</a>	D	B	J	C	S	A	X	Required	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.

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<a href="#">Computer and Internet Use</a>	D	B	J	C	S	A		Not Required	All girls, as well as their parents/guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when going online.
<a href="#">Internet Safety Pledge</a>	D	B	J	C	S	A			All girls take the Girl Scout Internet Safety Pledge.
<a href="#">Virtual Troop Meetings</a>	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.
<a href="#">Cookie and Product Sales</a>	D	B	J	C	S	A		Not Required	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
<a href="#">Cross-Country Skiing</a>	*D	B	J	C	S	A		May be 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.
<a href="#">Downhill Skiing and Snowboarding</a>	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.
<a href="#">Fencing</a>		B	J	C	S	A		May be 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 adult-to-girl ratios listed in the introduction.

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<a href="#">Fishing and Ice Fishing</a>	D	B	J	C	S	A		May be 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 participant is one to ten. Additional adults must be present to meet the adult-to-girl ratios listed in the introduction.
<a href="#">Geocaching</a>	*D	B	J	C	S	A		Not Required	*Daisies are permitted when working with older girls and adults as part of another outdoor activity.
<a href="#">Go-Karts</a>			*J	C	S	A	X	Required	*Juniors cannot operate self-driving go-karts and must participate in activities on a rail system.
<a href="#">Hayrides</a>	D	B	J	C	S	A		May be 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 adult-to-girl ratios listed in the introduction.
<a href="#">Hiking</a>	D	B	J	C	S	A		Not Required	Adults must be present to meet the adult-to-girl ratios listed in the Introduction.
<a href="#">Horseback Riding</a>	*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 adult-to-girl ratios listed in the introduction. *Daisies are only permitted on pony rides and hand-led horseback walks.

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<a href="#">Ice Skating and Roller Skating</a>	D	B	J	C	S	A		May Be Required	Adults must be present to meet the adult-to-girl ratios listed in the introduction. Council approval may be required for frozen lakes.
<a href="#">Indoor Skydiving</a>			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.
<a href="#">Indoor Trampoline</a>		B	J	C	S	A		May Be Required	Adults must be present to meet the adult-to-girl ratios listed in the introduction.
<b>Inflatables</b>									
<a href="#">Aquatic Bounces and Slides</a>		B	J	C	S	A		May Be Required	Aquatic bouncy houses and inflatable bounce bubbles and slides are approved for Brownies and above.
<a href="#">Aquatic Climbing Walls</a>			J	C	S	A		May Be Required	Aquatic climbing walls are not permitted for Daisies and Brownies. Juniors and above may participate in aquatic climbing walls only when they are strong swimmers and can swim in water deeper than five feet.
<a href="#">Bounce Houses</a>	*D	B	J	C	S	A		Not Required	*Daisies can only participate in bounce houses that are specific for their age, height, and/or weight.
<a href="#">Log Rolling</a>		B	J	C	S	A		May Be Required	Log rolling is not permitted for Daisies.
<a href="#">Bubble Soccer</a>			J	C	S	A		Not Required	Bubble soccer is not permitted for Daisies and Brownies.

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<a href="#">Land Sports</a> (See Miscellaneous SACP)	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.
<a href="#">Laser Tag</a> (See Miscellaneous SACP)	D	B	J	C	S	A		May Be Required	Verify vendor is licensed and carries insurance.
<a href="#">Offshore Water/Large Passenger Vessels</a>	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 adult-to-girl ratios listed in the introduction.
<a href="#">Orienteering</a>			J	C	S	A		Not Required	Orienteering is not recommended for Girl Scout Daisies and Brownies, but they may be ready to learn pre-orienteeing activities such as map reading, navigation, and map-drawing. Follow the adult-to-girl ratios listed in the Introduction.
<a href="#">Outdoor Cooking</a>	D	B	J	C	S	A		Not Required	Ensure that at least one adult is trained for outdoor cooking as required by your council. In addition, always adhere to the adult-to-girl ratios listed in the introduction.
<b>Paddle Sports</b>									
<a href="#">Canoeing</a>	*D	B	J	C	S	A	X	Required	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. *Not recommended for Daisies except with an experienced adult in each canoe on flat water.

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<a href="#">Corcl Boats</a>		B	J	C	S	A		Required	Lifeguards have current certification in the 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.
<a href="#">Kayaking</a>		*B	J	C	S	A	X	Required	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. *Flat water only for Brownies.
<a href="#">Row Boating</a>	*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 adult-to-girl ratios listed in the introduction.
<a href="#">Standup Paddle Boarding</a>			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 appropriate body of water. In addition, follow the adult-to-girl ratios listed in the Introduction.



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<a href="#">Whitewater Rafting</a>		*B	**J	C	S	A		Required	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.
<a href="#">Parades and Other Large Group Gatherings</a>	D	B	J	C	S	A		Not Required	Follow the adult-to-girl ratios listed in the introduction.
<a href="#">Pocket Knife and Jackknife Safety</a>	*D	B	J	C	S	A		May be 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.
<a href="#">Rocketry / Model Rocketry</a>			J	C	S	A		Required	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.

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<a href="#">Sailing</a>		*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 1 to 4. In addition, follow the adult-to-girl ratios listed in the introduction. *Thoroughly verify Brownie maturity level for sailing.
<a href="#">Scuba Diving</a>				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 adult-to-girl ratios listed in the introduction.
<a href="#">Segway</a> (See Miscellaneous SACP)					S	A		May Be Required	Vendor must be licensed and carry insurance. Segway is only permitted to be used in a pedestrian environment, not on public roads.
<a href="#">Skateboarding</a> (See Miscellaneous SACP)		B	J	C	S	A		Not Required	Skate parks should only be used by non-beginner skaters. Follow the adult-to-girl ratios listed in the introduction.

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<a href="#">Sledding, Tobogganing, and Snow Tubing</a>	D	B	J	C	S	A		May Be Required	Follow the adult-to-girl ratios listed in the introduction. Girls must go feet-first and helmets are strongly recommended for all girls. Girls are not permitted to be towed behind any vehicle, including snowmobiles. No sledding near trees, buildings, or roadways.
<a href="#">Snorkeling</a>			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 adult-to-girl ratios listed in the Swimming SAC.
<a href="#">Snowshoeing</a>	D	B	J	C	S	A		Not Required	Instruction is given by an adult with experience teaching and/or supervising snowshoeing or has documented experience.
<a href="#">Spelunking/Caving</a>			J	C	S	A	X	Required	A guide with documented experience in cave exploration accompanies the group into the cave.
<a href="#">STEM, Arts, Crafts</a> (See Miscellaneous SACP)	D	B	J	C	S	A		Not Required	Follow the adult-to-girl ratios listed in the introduction.

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<a href="#">Surfing</a>			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 adult-to-girl ratios listed in the Swimming SACP. Girls must demonstrate appropriate swim skill level.
<a href="#">Swimming</a>	D	B	J	C	S	A		May be Required	Follow the lifeguard certification requirements and ratios listed in the Swimming SACP.
<b>Target Sports</b>									
<a href="#">3-D Archery</a>				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.
<a href="#">Air/BB Guns</a>		B	J	C	S	A	X	Required	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.
<a href="#">Archery</a>		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.

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<a href="#">Ax/Hatchet Throwing</a>				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.
<a href="#">Knife Throwing</a>				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.
<a href="#">Muzzle Loading</a>				*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.
<a href="#">Pistol</a>					*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.
<a href="#">Rifle</a>				*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.
<a href="#">Shotgun—Trap/Skeet Shooting</a>				*C	S	A	X	Required	*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.

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<a href="#">Slingshot</a>	D	B	J	C	S	A		May be 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.
<a href="#">Target Paintball</a>		B	J	C	S	A		May be 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.
<a href="#">Tethered Balloon Rides</a>			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 adult-to-girl ratios listed in the intro.
<a href="#">Tools – Hand and Power</a>	D	B	J	C	S	A		May Be Required	See the specific activity for grade level permission and progression. Certain power tools are not permitted which apply to all grade levels.
<a href="#">Travel/Trips</a>	D	B	J	C	S	A	X	Required	See SACP for grade-level trip and travel length recommendations. Follow adult-to-girl ratios listed in the introduction.
<a href="#">Tubing</a>			J	C	S	A	X	Required	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

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									the lifeguard certification requirements and ratios listed in the Swimming SACP.
<a href="#">Waterskiing and Wakeboarding</a>			J	C	S	A	X	Required	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 SACP.
<a href="#">Windsurfing/Sail Boarding</a>			J	C	S	A	X	Required	In addition to a lifeguard, at least one adult present should have small craft safety certification or equivalent.