

## Slingshot



**Council Approval:** Required

**Activity Permitted For:** D B J C S A

**Waiver:** Required and attached to this Safety Activity Checkpoint.

One adult instructor is certified in USA Archery, trained in slingshot safety, form, and technique, range rules, and emergency procedures.

### About Slingshots

Slingshots are descendants of the trebuchet and the sling—weapons used for centuries! For Girl Scouts, they serve as a progression step for target range activities like archery by teaching the girls about following range rules and commands as well as helping them to build aim, target skills, and hand-eye coordination.

**Learn More:** To learn more about Slingshot skills, view these links:

- [5 Proven Ways to Improve Skills](#)
- [How to Aim a Slingshot](#)

### Include Girl Scout Members with Disabilities

Talk to girls and their caregivers about disabilities. See [Disabled Sports USA](#) for more about equipment and adaptations.

### Equity

In addition to physical and social-emotional disabilities consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable that they have access to whatever is needed to fully participate such as the proper equipment, prior experiences and skills needed to enjoy the activity.

### Safety Activity Checkpoints

**Standard Safety Guidelines.** Refer to the Standard Safety Guidelines at the beginning of Safety Activity Checkpoints which apply to all Girl Scout gatherings and activities. When the

adult-to-girl ratio, or other safety parameters, are stricter for a specific activity than in the Standard Safety Guidelines always follow the stricter parameters in the activity chapter.

**COVID-19 Guidelines.** Review the Coronavirus Safety in Girl Scouts section under the Standard Safety Guidelines. Be certain to consult your council's specific COVID-19 guidance which can be accessed under the same section. Always call ahead to the vendor, property or facility involved to check for their COVID-19 safety requirements as you prepare to take girls for this activity.

**Emergency Action Plan (EAP).** Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl or adult, missing girl, or sudden illness.

**Assess participants' maturity level.** Participants must be old enough to understand safety procedures and handle equipment so not to endanger themselves and others.

**Verify instructor knowledge and experience.** Because slingshots are intended to serve as a progression step for target sports, one adult needs to be a certified USA Archery instructor or have equivalent certification or documented experience according to your council guidelines. Ensure that there is a ratio of one instructor for every ten girls for Juniors and older. For Daisies and Brownies, please have one instructor for five girls.

**Assess participants' maturity level.** Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others.

### **Select a safe site.**

- Equipment is stored when not in use and is in good repair.
- Equipment, including targets, are checked each time and in good condition.
- Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.
- Backstops or a specific safety zone are set behind the targets.
- Shooting line is clearly defined.
- Clearly delineated rear and side safety buffers are known to the entire facility population.

### **At an outdoor range, check that:**

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- The range is not used after nightfall.

### **At an indoor range, make sure:**

- Targets are well-lit.
- Doors or entries to the range are locked or blocked from the inside.

- Fire exits are not blocked.
- Ensure equipment is properly sized for the girls.
- “Shot” is appropriate for the range.

**Girls should learn about shooting.** Girls develop skills based on proper procedures and form, handling the equipment, getting the correct stance, sighting, aiming, and observing safety practices.

**Always keep the slingshot pointed in a safe direction.** This is the primary rule of target sport safety. A safe direction means that the slingshot is pointed toward the target or toward the ground, so that even if it were to go off it would not cause injury or damage.

**On the day of slingshot shooting:**

**Dress appropriately for the activity.** Make sure that all participating will avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also make sure long hair is tied back and always wear closed toed shoes.

**Ensure the instructor reviews the rules and operating procedures with girls beforehand.** The instructor covers safety procedures, including:

- Always keeping the slingshot pointed in a safe direction.
- Notice form to avoid snapping wrists or hand with the band.

### **Basic Slingshot Range Rules**

- Qualified instructor may only open this range.
- Listen to and follow all commands on the range.
- Do not pick up, load, or fire your slingshot until given the commands.
- Stand behind the firing line. Do not straddle the firing line.
- Absolutely no running on the range.
- No extra talking on the range.
- Step back from the firing line when you finish firing.

### **Basic Slingshot Safety Rules**

- Hold slingshot pointed in a safe direction, toward the target or the ground.
- Keep the pouch ammunition free until given permission to load and fire.
- Leave the bands at rest until you are ready to shoot.

### **Safety and Required Gear**

- Stable slingshot
- Ammunition appropriate for the targets: dog food kibbles, ping pong balls, marshmallows, [½” paintballs](#)
- Range Rules poster



Girl Scouts of Northern Illinois
Permission, Waiver and Release of Liability for Activities-Slingshot

- This two page form is a waiver and release of liability contract between Girl Scouts of Northern Illinois and the participants. Please read it carefully.
This two page form must be read and signed by the parent or legal guardian of the participant in order for the participant to participate in the activity listed. The form is to be turned in to the troop leader or his/her designee.
Participants must be old enough to understand safety procedures and to handle equipment so as not to endanger themselves or others. Daisy and older.

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ GS Level \_\_\_\_\_
Address \_\_\_\_\_ Zip \_\_\_\_\_
Parent Name \_\_\_\_\_ Phone \_\_\_\_\_
Email address I \_\_\_\_\_
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_
Participation Date(s) \_\_\_\_\_ Year \_\_\_\_\_

Please list any allergies the participant has (food, nature, medications, etc.): \_\_\_\_\_

Any restrictions of participant we should be aware of as she participates in this activity: \_\_\_\_\_

Any medications the participant will have with her: \_\_\_\_\_

Activity: A Slingshot instructor will be teaching participants about slingshot and participants will participate in shooting an Slingshot at \_\_\_\_\_

Additional Activity Information, if any: \_\_\_\_\_

I acknowledge that this target sport activity is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, acts of God, weather, condition of participants, equipment, vehicular traffic, actions of other people including, but not limited to, participants, facilitators, volunteers and spectators. These risks are not only inherent to the participants, but also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this activity. I realize that liability may arise from negligence or carelessness on the part of the person or entities being release, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am Daisy or higher, am physically and mentally fit to participate in this target sport activity. I acknowledge that this Permission, Waiver and Release of Liability for Slingshot Activity will be used by Girl Scout staff, activity facilitators or their assignees of the activity and it will govern my daughter's actions and responsibilities at the activity. I acknowledge that I must follow the directions and safety rules of the activity and the activity may be cancelled if I do not follow the safety instructions and policies or if my behavior endangers myself or the group.

In consideration of my participation in this program, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter occur to me including my traveling to and from this program, THE FOLLOWING ENTITIES OR PERSONS: Girl Scouts of Northern Illinois; their directors, officers, employees, volunteers, facilitators, representative, and agents. (B) Indemnify and Hold Harmless, and Agree Not To Sue the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this program, whether caused by the negligence of releases or otherwise. I hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident and/or illness during this program.

The Permission, Waiver and Release of Liability for the Slingshot Activity shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I acknowledge that this Accident Waiver and Release of Liability form will be used by the persons or entities being release in the activity listed above and that it will govern my actions and responsibilities in said activity.

I hereby certify that I have read this document; read the GSNI Slingshot Safety Activity Checkpoints; and, I, understand its content. I am aware that this is a release of liability as well as a contract and I sign it of my own free will.

\_\_\_\_\_  
Print Participant's Name                      Age                      Signature (if under 18 years old,  
Parent/Guardian must also sign)                      Date

Parent/Guardian Waiver for Minors (Under 18 years old)

I give permission for my daughter to participate in this Slingshot activity. I understand that there are inherent risks of injury or disability in this activity. I further understand that my daughter must follow the directions and safety rules of the activity. I have reviewed the GSNI Slingshot Safety Activity Checkpoints. I also understand that the activity may be cancelled if my daughter does not follow safety instructions and policies and/or my daughter's behavior endangers herself or the group.

The undersigned parent and/or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and is fully responsible and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

\_\_\_\_\_  
Print Participant's Name                      Age                      Signature of Parent/Guardian                      Date

If you have any questions, please contact \_\_\_\_\_

For girls not currently registered as Girl Scouts: I understand my daughter is not covered by Girl Scouts of the USA Activity Insurance, but she has my permission to participate in this activity.

Yes \_\_\_\_\_ No \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent \_\_\_\_\_