

Target Sports



About Shooting Guns

Why teach shooting sports? Handling a gun and good marksmanship develop positive traits such as patience, discipline, determination, focus, attention to detail, and persistence. Since these skills are key elements of leadership and confidence, we encourage girls to take what they learn from any sport or activity and apply it in their lives, communities, and the world.

Learning how to handle guns properly and safely is of paramount importance, as is the healthy respect girls will develop when properly trained in shooting sports. There are a variety of styles and sizes of guns, each appropriate for specific grade levels. The guns girls will be learning on are for the express purpose of safe target shooting. Girls are not permitted to hunt.

Note: Refer to Target and Shooting Sports Master Progression Chart for age and grade level requirements. Written permission must be obtained by your council in advance of the activity. Once approved, you must have written permission from a parent/guardian before a girl is permitted to participate in target shooting.

Learn More:

- Safety re: various shooting sports/events, and youth videos: [USA Shooting](#)
- More safety information: [National Rifle Association](#)
- Safety at home and on the range: [National Shooting Sports Foundation](#)
- Trap and skeet shooting for high school girls: [USA High School Clay Target League](#)
- Safe shooting certification: [USA Clay Target Safety](#)
- Learn how to shoot: [Revolutionary War Veterans](#)

Council Approval: Required

Activity Permitted For: J C S A

Certificate of Insurance (COI) is required from vendor providing this activity if renting or using a guide. Visit <https://www.girlscoutsni.org/resources#COI> to check list of the COIs on file or to request one.

Troop Trip Travel Form may need to be completed.

See Target and Shooting Sports—Master Progression Chart

Waiver: Required and attached to this safety activity checkpoint.

Includes:

- Air Rifle
- Skeet
- BB Guns
- Rifle (Rim or Center Fire Rifle)
- Muzzle Loading
- Pistol
- Target Paintball

Including Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers and ask about needs and accommodations.

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 as not to endanger themselves and others.

Verify instructor knowledge and experience. One adult needs to be a certified National Rifle Association Range Safety Officer (RSO) or USA Shooting Sports instructor or have equivalent certification or documented experience and skill teaching/supervising firearm safety or shooting sports according to your council's guidelines.

Note: The instructor to participant ratio is different from the adult to girl ratio that is found in “Introduction to *Safety Activity Checkpoints*.” Both the instructor ratio and the adult to girl ratio must be complied with when girls are participating in target sports.

Connect with your Girl Scout council for approved sites. Groups are required to use council approved indoor and outdoor firing ranges. Council must approve all sites in advance.

Keep in mind that safe sites include those where:

- Equipment is stored in a box, closet, or cabinet and locked when not in use.
- Ammunition and firearms are stored in separate locked containers or areas with different locks and combinations.
- Caliber firearms have working trigger locks for storage (exceptions: BB and air guns).
- Equipment, including targets, and 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.
- Clearly delineated rear and side safety buffers are known to the entire facility population.
- The shooting line is clearly defined.

At an indoor range, check that:

- 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.

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- Areas are clear of brush. A hillside backstop is recommended.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- In the shooting area, there is a safe distance at least 100 yards behind the targets and 30 yards on each side of the range.
- The range is not used after nightfall.

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

Ensure to always keep the firearm pointed in a safe direction. This is the primary rule of target shooting sport safety. A safe direction means that the firearm is pointed so that even if it were to go off it would not cause injury or damage. The key to this rule is to control where the front end of the firearm is pointed, *always*.

On the Day of Shooting:

Dress appropriately. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Tie back long hair.

Limit shooters' exposure to lead. For firearm sports, be sure that the range safety officer and/or the instructor provide wet wipes for the girls to cleanse their hands and faces immediately after shooting.

In addition, the girls must return to a restroom facility and wash their hands and faces with soap and cold water. Cold water keeps pores closed so that less lead is absorbed into the blood stream. Girls should not take casings as souvenirs.

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

- No dry firing, as it can damage equipment.
- Keep the safety clip on until it is time to shoot.
- Always keep the firearm pointed in a safe direction, away from self and others

Safety and Required Gear

- Firearm (automatic firearms are not permitted at any time)
- Ammunition
- Targets
- Safety glasses
- Ear protection
- Barrel-blocking device (sleeve) for paintball
- CO2 or compressed air tank for paintball
- Paintball hopper (loader) for paintball

Target Sports

Target and Shooting Sports—Master Progression Chart

Shooting Type	Grade Level/ Minimum Age	Participant-to- Instructor Ratio	Instructor/Expert Certification
Slingshot	D B J C S A	D, B - 5:1 J C S A - 10:1	One adult instructor is trained in slingshot safety, form, and technique, range rules, and emergency procedures.
Target Paintball	B J C S A	B - 5:1 J C S A - 10:1	One adult is trained in paintball safety, range rules, and emergency procedures.
Air/BB Guns	B J C S A	B - 5:1 J C S A - 10:1	One adult is a certified National Rifle Association range safety officer or USA Shooting Sports instructor. *Junior-Ambassador permitted to use air rifles at GSNI camps.
Archery	B J C S A	B - 5:1 J C S A - 10:1	One adult is certified by National Field Archery Association, USA Archery, or Easton Foundation.
3-D Archery	B J C S A	10:1	One adult is a certified by National Field Archery Association, USA Archery, or Easton Foundation. Or demonstrated equivalent experience.
Ax/Knife/ Hatchet Throwing	C S A	2:1	Adult instructors are trained and experienced in blade throwing safety specific for the ax, knife, or hatchet being used including proper form and technique, range rules and specifications, and emergency procedures.
Rifle	Age 12 & older	8:1	One adult is a certified NRA range safety officer or USA Shooting Sports instructor.
Shotgun- Trap/ Skeet Shooting	Age 12 & older	8:1	One adult is a certified NRA range safety officer or USA Shooting Sports instructor.
Muzzle Loading	Age 12 & older	2:1	One adult is a certified NRA range safety officer or USA Shooting Sports instructor.
Pistol	Age 14 & older	4:1	One adult is a certified NRA Range Safety Officer or USA Shooting Sports instructor.



Girl Scouts of Northern Illinois
Permission, Waiver and Release of Liability for Shooting Sports Activities

- 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. Girl Scouts of Northern Illinois allows Junior level and up Girl Scouts to participate in shooting sports.

Participant Name _____ Age _____ GS Level _____
Address _____ Zip _____
Parent Name _____ Phone _____
Email address _____
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 National Rifle Association Range Safety Officer will be teaching participants about rifles and participants will participate in shooting a firearm at the _____.

Additional Activity Information, if any: _____

I acknowledge that this shooting 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 over the age of twelve (12) years and am physically and mentally fit to participate in this shooting activity. I acknowledge that this Permission, Waiver and Release of Liability for Shooting Sports 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: _____; 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 Shooting Sports 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 Shooting Sports 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 shooting 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 Shooting Sports 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 _____



Girl Scouts of Northern Illinois
Permission, Waiver and Release of Liability for Target Sports Activities-Air Guns

- 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. Participants must be a Junior Girl Scout or higher to use air guns.

Participant Name _____ Age _____ GS Level _____
Address _____ Zip _____
Parent Name _____ Phone _____
Email address _____
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 National Rifle Association Range Safety Officer will be teaching participants about air guns and participants will participate in shooting an air gun 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 age 12 or higher and am physically and mentally fit to participate in this target sport activity. I acknowledge that this Permission, Waiver and Release of Liability for Target Sports 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: _____; 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 Target Sports 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 Target Sports 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 target sport 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 Target Sports 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 _____



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Participants must be old enough to understand safety procedures and to handle equipment so as not to endanger themselves or others. Girl Scouts of Northern Illinois allows Junior level and up Girl Scouts to participate in shooting sports.

Participant Name _____ Age _____ GS Level _____
Address _____ Zip _____
Parent Name _____ Phone _____
Email address _____
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 National Rifle Association Range Safety Officer will be teaching participants about rifles and participants will participate in shooting a firearm at the _____.

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I certify that I am physically and mentally fit to participate in this shooting activity. I acknowledge that this Permission, Waiver and Release of Liability for Shooting Sports 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.

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Age

Signature (if under 18 years old,
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Date

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Print Participant's Name

Age

Signature of Parent/Guardian

Date

If you have any questions, please contact _____

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Yes _____ No _____ Date _____ Signature of Parent _____

Target Sports

Target and Shooting Sports—Master Progression Chart

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