

Zip Lining



Council Approval: Required
Activity Permitted For: *D *B J C S A
Canopy Zip Line Tours are Not Permitted for: D B
*Daisies can only participate in Playground Zip Lines
Certificate of Insurance (COI) is required from vendor providing this activity.
Visit <https://www.girlscoutsni.org/resources#COI> to check list of the COIs on file or to request one.
Waiver: Required and attached to this Safety Activity Checkpoint.

About Zip Lining

A zip line consists of a pulley suspended on a cable, usually made of stainless steel, mounted on an incline. It is designed to enable a user propelled by gravity to travel from the top to the bottom of the inclined cable by holding on to, or attaching to, the freely moving pulley. The various types of zip lines include:

- **Playground zip lines:** These are short and low, intended for child's play, and found on some playgrounds and recreation venues. All Girl Scouts are permitted to use them.
- **Zip lines:** These are launched from a platform usually accessed by a staircase, ladder, or climbing wall. They are sometimes found as part of a challenge course. Participants must be able to walk short distances and be able to climb stairs. Daisies are not permitted to participate in zip lines except for playground zip lines. In addition, check with the venue before arrival to determine their rules on age, height, and weight restrictions. Mary Ann Beebe Center's zip line has a minimum weight of 60 pounds and a maximum weight of 265 pounds.
- **Canopy zip line tours:** These are guided aerial explorations or transits of the forest canopy, commonly done by a series of zip lines or aerial walkways with platforms. Canopy tours are not permitted for Daisies and Brownies. In addition, check with the venue before arrival as many have minimum age requirements as well as height and weight restrictions.

Site Selection. Connect with your Girl Scout council for site suggestions. Girl Scouts should use a venue that has professional accreditation by either the Professional Ropes Course Association (PRCA) or the Association for Challenge Course Technology (ACCT) to ensure a

regulated experience. Both organizations are accredited by the American National Standards Institute (ANSI) to develop industry standards and regulations.

Note that each venue sets its own rules regarding the age and weight of participants, and some states regulate zip lines as amusement rides.

Learn More:

- [Association for Challenge Course Technology](#)
- [Professional Ropes Course Association](#)
- [Specifications Amusement Ride Safety Act](#)

Include Girl Scout Members with Disabilities

Communicate with Girl Scout members with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that the [National Center on Physical Activity and Disability](#) provides to people with disabilities. Some facilities may have specialized harnesses and a ramp (instead of stairs, a tower, or a wall) for people who use wheelchairs. Ensure that a member of the facility's staff has training and experience helping people with disabilities participate in zip lining. Note that some venues will not allow participation if a person has recent or recurring injuries, or muscular or skeletal disorders.

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.

Arrange for transportation and adult supervision. Follow adult-to-girl ratios in the Safety Standards and Guidelines at the beginning of Safety Activity Checkpoints.

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, missing girl, or sudden illness.

Verify instructor knowledge and experience. An instructor with Association of Challenge Course Technology (ACCT) certification, or similar documented experience, is expected to have knowledge and experience setting stop ropes, tying required knots, assisting guests in proper harness and helmet fitting, demonstrating proper zipping techniques, operating the zip line activity, breaking guest's speed upon incoming approach, performing retrievals and rescues, inspecting equipment, and educating guests about the venue. Ensure that the instructor has provided written documentation of the completed training. In addition, note that there is a regular process of review and update for all instructors.

Dress appropriately for the activity. Wear long pants or biker-type shorts, sturdy closed-toe athletic-type shoes, a helmet and a close-fitting top with sleeves. Do not wear dress shoes, sandals, water shoes, flip-flops, skirts, regular shorts, ponchos, or dangling jewelry of any kind.

All participants may be weighed and have their height measured before being issued zip lining equipment.

Girls learn about and prepare for zip lining. Instructors need to teach a set of readiness and action commands to all participants before beginning an activity. They must describe the objectives, safety procedures, and hazards to the participants before beginning.

Prepare for landing. Zip-line participants should be provided with a hands-on walk-through of what will happen at the landing zone when under full speed. Volunteers must attend the orientation session (even if they will not participate) along with the girls and learn what to watch for in order to supervise the girls in their care.

Girls practice safe zip line course techniques. Zip-line participants should be provided with an explanation of what each piece of gear is used for. Harnesses are designed to support the human body from the hips, and hanging upside down is not permitted.

Safety Gear

- Helmet (must be supplied by the venue, never zip line without helmets)
- Harness (will be supplied by the venue)



Girl Scouts of Northern Illinois Permission, Waiver and Release of Liability for Ziplining

- 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 he/her designee.
- Participants must be old enough to understand the safety procedures so as not to endanger themselves or others.
- Ziplining is not permitted for Girl Scout Daisies.
- Canopy Zipline Tours are not permitted for Girl Scout Daisies and Brownies.

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.). _____

Please list any restrictions of participant that we should be aware of as she participates in this activity. _____

Please list any medications the participant will have with her. _____

Activity – Ziplining is an activity designed to enable a user propelled by gravity to travel from the top to the bottom of the inclined cable by holding on to, or attaching to, the freely moving pulley. The various types of ziplines include: playground ziplines, ziplines and canopy zipline tours. Please see *Safety Activity Checkpoints* for full descriptions.

Clothing

- Helmet – supplied by the venue
- Sturdy closed toed athletic-type shoes
- Long pants or long biker-type shorts
- Close fitting top with sleeves
- Sunscreen of at least SPF 15

Additional Activity Information, if any: _____

I acknowledge that ziplining is a 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 physically and mentally fit to participate in this ziplining activity. I acknowledge that this Permission, Waiver and Release of Liability for Ziplining 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 Ziplining 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 GSUSA Ziplining 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 Ziplining 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 GSUSA Ziplining 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 _____