

Activities at a Glance

Girl Scout activities require consideration by the safe and caring adults who guide Girl Scouts as they plan each activity. Awareness of the abilities of each member and considering the progression of skills it takes from the easiest to the most difficult part of the activity is the role of the adults. Making sure the complexity of an activity does not exceed an individual's ability is why Girl Scouts safety activity 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 prior council 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 participation whenever Prior Council Approval is indicated as "Required."

As you explore the many options to engage Girl Scout members in exciting activities, you will notice that there are recommendations for some activities to start at an older grade level. These recommendations are based on progressive experience and have taken into consideration the emotional, physical, and developmental stages of participants and are intended to guide you as you plan activities with them. Reach out to your council if you have specific questions about progression in Girl Scouting. Guidelines may differ from state to state. The ultimate goal is for Girl Scout members to feel confident and comfortable with each planned activity.

For every activity, always follow the adult-to-youth ratios listed in the <i>Introduction: Standard Safety Guidelines.</i>									
Activities at a Glance	Daisy	Brownie	Junior	Cadette	Senior	Ambassador	High Risk?	Prior Council Approval Required?	Additional Comments and Required Instructor Certifications, Experience, and Verification
Aerial Fitness				C	S	A		Required	Includes silks, hoops, trapeze. Verify instructor experience and credentials. A Certificate of Insurance from the venue is required.
Amusement Parks	D	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required.
Animal Interaction and Adventure	D	B	J	C	S	A		Not Required	All participants should also complete the GSNI Animal Interaction Waiver.

Backpacking	*	*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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 needed supplies. For Daisies and Brownies, refer to Hiking Activity Checkpoints .
Bicycling	D	B	J	C	S	A		May Be Required	A Certificate of Insurance from the venue providing bicycles is required. Council approval may be required for long rides or difficult terrain.
Camping	D	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Ensure that at least one adult is trained for camping through GSNI's Troop Camp Training program.
Climbing and Adventure Activities									
Challenge Courses	D*	B*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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. *Daisies and Brownies may participate only in activities that have been designed for their grade levels and that have equipment that suits the size and ability of each Girl Scout member. Outdoor high ropes and high elements are only permitted for Juniors and older.
Climbing and Rappelling	D*	B*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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. *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 Scout member. *Brownies can participate in most indoor climbing activities provided 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 any

									specific needs. Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older.
Recreational Tree Climbing			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. A certified instructor with documented experience in leading and teaching tree climbing is required. In recreational tree climbing, climbers use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.
Zip Lining	D*	B*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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. *Not permitted for Daisies, except for playground zip lines. *Canopy tours are not permitted for Daisies or Brownies on non-Girl Scout sites.
Community Clean-Up	D	B	J	C	S	A	X	Required	Check grade-permission levels that apply to the individual type of projects that are outlined in the Community Clean-up Safety Activity Checkpoints . For example, beachfront, waterways, parks, and roadsides.
Computer and Internet Use	D	B	J	C	S	A		Not Required	All Girl Scout members, as well as their parents and guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when online.
Virtual Troop Meetings	D	B	J	C	S	A		May Be Required	Adults check with their Girl Scout council if they have any questions about which 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 Virtual Meeting Activity Checkpoints .
Cookie and Product Programs	D	B	J	C	S	A		Not Required	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering products. Adults oversee Cadettes, Seniors, and Ambassadors and must be aware of how, when, and where they are when selling products.

Cross-Country Skiing		B	J	C	S	A		Required	A Certificate of Insurance from the venue is 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, and altitude sickness. *Not recommended for Daisies due to complexity and strength.
Downhill Skiing and Snowboarding	D	B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Instructors are certified by the Professional Ski Instructors of America (PSIA) and the American Association of Snowboard Instructors (AASI) or possess equivalent certification.
Fencing		B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. One adult is a certified fencing instructor or has equivalent certification or documented experience according to your council's guidelines. Ensure there is a ratio of one instructor for every ten fencers.
Fishing and Ice Fishing	D	B	J	C	S	A		May Be Required	Adult or fishing instructor completes American Red Cross Water Safety for Parents or has equivalent certification or documented experience (competencies); the ratio of instructor-to-participant is one-to-ten.
Geocaching	D*	B	J	C	S	A		Not Required	*Daisies are permitted when working with older Girl Scout members and adults as part of another outdoor activity.
Go-Karting			J*	C	S	A	X	Required	A Certificate of Insurance from the venue is required. *Juniors may not independently drive go-karts unless on a rail system.
Hayrides	D	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Qualified driver who is licensed to drive a motor vehicle, follows the Transporting Girl Scouts SAC , is at least 21 years of age (25 and older preferred), and has experience hauling a trailer and driving the vehicle being used.
Hiking	D	B	J	C	S	A		Not Required	
Horseback Riding	D*	B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required, which covers a minimum of \$5,000,000 of general liability.

									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. *Daisies are only allowed on pony rides and hand-led horseback walks.
Ice Skating and Roller Skating	D	B	J	C	S	A		May Be Required	Council approval required for natural bodies of water.
Indoor Skydiving			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Instructor holds instructional flight certification from the International Bodyflight Association or has council approved equivalent certification or documented experience and skill in teaching and/or supervising indoor skydiving.
Indoor Trampoline	*D	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. *Daisies under the age of six may not participate.
Inflatable Activities									
Aquatic Bounces and Slides		B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Aquatic bounce houses and inflatable bounce bubbles and slides are approved for Brownies and above.
Aquatic Climbing Walls			J	C	S	A		Required	A Certificate of Insurance from the venue is required. Aquatic climbing walls are not permitted for Daisies and Brownies. Juniors and above may take part in aquatic climbing wall activities when they are strong swimmers and can swim in water deeper than five feet.
Bounce Houses	D*	B	J	C	S	A		May be Required	A Certificate of Insurance from the venue is required. *Daisies can only take part in bounce houses that are specific for their age, height, and weight.
Log Rolling		B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Log Rolling is not permitted for Daisies.
Bubble Soccer			J	C	S	A		Required	A Certificate of Insurance from the venue is required. Bubble Soccer is not permitted for Daisies and Brownies.

Land Sports See Miscellaneous Activities Safety Activity Checkpoints .	D	B	J	C	S	A		Not Required	Ensure adults are well versed in rules and aware of safety concerns for the designated sport.
Laser Tag See Miscellaneous Activities Safety Activity Checkpoints .	D	B	J	C	S	A		May Be Required	A Certificate of Insurance from the venue is required. Verify vendor is licensed and insured.
Offshore Water/Large Passenger Vessels	D	B	J	C	S	A	X	Required	Large water vessels such as ferries, cruise ships, and whale-watching boats must be licensed by the U.S. Coast Guard. Be sure to list in your Troop Trip Travel Request form when travelling in passenger vessels. If you are planning to travel internationally or enter international waters, you must complete the International Troop Trip Travel Request form .
Orienteering			J	C	S	A		Not Required	Orienteering is not recommended for Daisies and Brownies, except when 1:1 with an adult, but they may be ready to learn pre-orienteering activities such as map reading, navigation, and map drawing.
Outdoor Cooking	D	B	J	C	S	A		Not Required	Ensure that at least one adult is fully trained in GSN's Troop Camp Training which curriculum includes Outdoor Cooking training.
Paddle Sport Activities									
Canoeing	D*	B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for instructor/expert 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. *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Corcl Boats		B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for certification by water type.
Kayaking		B*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for instructor/expert certification by water type. *Flat water only for Brownies.
Packrafting		B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for instructor certification by water type.

Row Boating	D*	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for certification by water type. *Daisies may use basic row boats only if they have an adult in the boat with them.
Stand-Up Paddleboarding			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for instructor/expert certification by water type.
Whitewater Rafting		B*	J**	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Follow the Master Paddling Chart for instructor/expert certification by water type, and for program grade levels permitted to raft in various conditions.
Parades and Other Large Group Gatherings	D	B	J	C	S	A		Not Required	Drivers for floats need to follow the Transporting Girl Scouts SAC. One adult who is certified in Adult and Pediatric CPR/First Aid/AED must be on the float.
Pocket Knife and Jackknife Safety	D*	B	J	C	S	A		May Be Required	See Pocket Knife and Jackknife Activity Checkpoints for all instructor requirements and grade-level recommendations. *Daisies can learn pocket knife and jackknife safety with cardboard or wood examples.
Rocketry/Model Rocketry			J	C	S	A		Required	Daisies and Brownies are not 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. If a venue or organization is providing lessons or rockets, a Certificate of Insurance from the venue is required
Sailing		B*	J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Adult or sailing instructor is certified as a sailing instructor or sailing counselor by U.S. Sailing or possesses equivalent certification or documented experience according to your council's guidelines. The instructor-to-girl ratio is one to four. *Thoroughly verify Brownie maturity level for sailing.

Scuba Diving				C	S	A	X	Required	A Certificate of Insurance from the venue is required. Scuba diving teacher holds instructional certification from Scuba Schools International (SSI), Professional Association of Diving Instructors (PADI), the National Association of Underwater Instructors (NAUI), or the YMCA. The instructor-to-girl ratio is one to four.
Segway See Miscellaneous Activities Safety Activity Checkpoints .					S	A		Required	A Certificate of Insurance from the venue is required. Vendor must be licensed and insured. Segway is only permitted when used in a pedestrian environment, not on public roads.
Skateboarding See Miscellaneous Activities Safety Activity Checkpoints .		B	J	C	S	A		Required	A Certificate of Insurance from the venue is required. Skate parks are for experienced skaters. Beginners should not be in skate parks.
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A		May Be Required	A Certificate of Insurance from the venue is required. Girl Scout members must go feet-first and helmets are strongly recommended. Girl Scout members are not permitted to be towed behind any vehicle, including snowmobiles. No sledding near trees, buildings, or roadways.
Snorkeling			J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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 instructor is not also a certified lifeguard, you will need a lifeguard present. Lifeguards need current American Red Cross Lifeguarding plus Waterfront Module, or YMCA Waterfront Lifeguarding certification or equivalent experience. One lifeguard is needed for every 25 swimmers.
Snowshoeing	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.
Spelunking/Caving			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Instruction is given by an adult with experience teaching and/or supervising spelunking or has documented experience.
STEM, Arts, Crafts See Miscellaneous Activities Safety Activity Checkpoints .	D	B	J	C	S	A		Not Required	

Surfing			J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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 other surfers. Ocean lifeguard certifications, according to local and state norms and standards, are required. The instructor-to-girl ratio is one to four. Surfers must demonstrate appropriate swim skill level.
Swimming	D	B	J	C	S	A		Required	A Certificate of Insurance from the venue is required, or homeowner's insurance for backyard pools. Follow the lifeguard certification requirements and ratios listed in Swimming Safety Activity Checkpoints , including providing a lifeguard over the age of 18 for privately own backyard pools.
Target Sport Activities									
3-D Archery				C	S	A	X	Required	A Certificate of Insurance from the venue is 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.
Air/BB Guns		B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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.
Archery		B	J	C	S	A	X	Required	A Certificate of Insurance from the venue is 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.
Ax/Hatchet Throwing				C	S	A	X	Required	A Certificate of Insurance from the venue is required. One adult instructor trained in ax/hatchet form and technique, safety, range rules, and emergency

									procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
Knife Throwing				C	S	A	X	Required	A Certificate of Insurance from the venue is required. One adult instructor trained in knife throwing form and technique, safety, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
Muzzle Loading				C*	S	A	X	Required	A Certificate of Insurance from the venue is required. *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.
Pistol					S*	A	X	Required	A Certificate of Insurance from the venue is required. *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.
Rifle				C*	S	A	X	Required	A Certificate of Insurance from the venue is required. *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.
Shotgun—Trap/Skeet Shooting				C*	S	A	X	Required	A Certificate of Insurance from the venue is required. *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.
Slingshot	D	B	J	C	S	A		May Be Required	A Certificate of Insurance from the venue is required. One adult instructor trained in slingshot form and technique, safety, 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.
Target Paintball		B	J	C	S	A		May Be Required	A Certificate of Insurance from the venue is 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.
Tethered Balloon Rides			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed.
Tools—Hand and Power	D	B	J	C	S	A		May Be Required	See the Tools—Hand and Power Safety Activity Checkpoints for grade level permission and progression. Certain power tools are not permitted for all grade levels. Adults must be present to meet the volunteer-to-youth ratios listed in the Introduction: Standard Safety Guidelines .
Travel/Trips	D	B	J	C	S	A	X	Required	See Travel/Trips Safety Activity Checkpoints for grade-level trip and travel length recommendations. A Certificate of Insurance is required from lodging venues and may be required of activities on trip. Girl Scout sanctioned trips are requested with the GSNI Troop Trip Travel Request form
Tubing			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. One adult must complete Girl Scouts small craft safety training or equivalent, and have experience teaching and supervising tubing activities. If tubing behind a motorboat, make sure the driver is an adult and has a valid license to operate the motorboat. Girl Scout members are not permitted to be towed by jet skis or wave runners. Follow the lifeguard certification requirements and ratios listed in Swimming Safety Activity Checkpoints . Adults must be present to meet the adult-to-youth ratios listed in the
Waterskiing and Wakeboarding			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. Ensure the adult or instructor is certified by USA Water Ski or possesses equivalent certification or documented experience according to your council's guidelines. Confirm 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 Swimming Safety Activity Checkpoints .
Windsurfing			J	C	S	A	X	Required	A Certificate of Insurance from the venue is required. In addition to a lifeguard, at least one adult present should have Girl Scouts small craft safety training or equivalent.