

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, and 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 girls 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.

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		May Be Required	Includes silks, hoops, trapeze. Follow the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . Verify instructor experience and credentials.
Amusement Parks	D	B	J	C	S	A		May Be Required	Follow the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Aerial Fitness				C	S	A		May Be Required	Includes silks, hoops, trapeze. Follow the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . Verify instructor experience and credentials.

Animal Interaction and Adventure	D	B	J	C	S	A		Not Required	Follow the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Backpacking	*	*	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 needed supplies. <i>For Daisies and Brownies, refer to Hiking Activity Checkpoints.</i>
Bicycling	D	B	J	C	S	A		May Be Required	Follow the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . Council approval may be required for long rides or difficult terrain.
Camping	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: Standard Safety Guidelines .
Climbing and Adventure Activities									
Challenge Courses	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: Standard Safety Guidelines . *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 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	*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. In addition, follow the adult-to-girl ratios listed in the Introduction: Standard Safety

										Guidelines . Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older.
Recreational Tree Climbing			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: Standard Safety Guidelines . In recreational tree climbing, Girl Scout members use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.
Zip Lining	D*	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.
Community Clean-Up	D	B	J	C	S	A	X	Required		Check grade-permission levels that apply for 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.
Internet Safety Pledge	D	B	J	C	S	A				All Girl Scout members take the Girl Scout Internet Safety Pledge .
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 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 Virtual Meeting Activity Checkpoints .
Cookie and Product Sales	D	B	J	C	S	A		Not Required		Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
Cross Country Skiing	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, and altitude sickness. *Not recommended for Daisies due to complexity and strength.

Downhill Skiing and Snowboarding	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.
Fencing		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 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: Standard Safety Guidelines
Fishing and Ice Fishing	D	B	J	C	S	A		May Be Required	Adult or fishing instructor completes Girl Scouts small craft safety training certification or has 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: Standard Safety Guidelines .
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	*Juniors cannot operate self-driving go-karts and must participate in activities on a rail system.
Hayrides	D	B	J	C	S	A		Required	Qualified driver who is licensed to drive a motor vehicle, is at least 21 years of age (25 and older preferred) and has experience hauling a trailer and driving the vehicle being used. Other adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Hiking	D	B	J	C	S	A		Not Required	Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Horseback Riding	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: Standard Safety Guidelines . *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 may be required for frozen lakes. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Indoor Skydiving			J	C	S	A	X	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		May Be Required	Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . *Daisies under the age of six should not participate.
Inflatable Activities									
Aquatic Bounces and Slides		B	J	C	S	A		May Be Required	Aquatic bouncy houses and inflatable bounce bubbles and slides are approved for Brownies and above.
Aquatic Climbing Walls			J	C	S	A		May Be 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		Not 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		May Be Required	Log Rolling is not permitted for Daisies.
Bubble Soccer			J	C	S	A		May Be Required	Bubble Soccer is not permitted for Daisies and Brownies.
Land Sports									
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	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. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .

Orienteering			J	C	S	A		Not Required	Orienteering is not recommended for Daisies and Brownies, but they may be ready to learn pre-orienteeing activities such as map reading, navigation, and map drawing. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines
Outdoor Cooking	D	B	J	C	S	A		Not Required	Ensure that at least one adult is trained for outdoor cooking as required by your council. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Paddle Sport Activities									
Canoeing	D*	B	J	C	S	A	X	Required	Follow the 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. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Corcl Boats		B	J	C	S	A		Required	Follow the Master Paddling Chart for certification by water type. Lifeguards have current American Red Cross (ARC) Lifeguarding with Waterfront Module certification or equivalent and have the proper training, experience, and rescue equipment for the body of water being used. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Kayaking		B*	J	C	S	A	X	Required	Follow the 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. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . *Flat water only for Brownies.

Row Boating	D*	B	J	C	S	A		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. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Standup Paddle Boarding			J	C	S	A	X	Required	Follow the Master Paddling Chart for certification by water type. Lifeguards have current American Red Cross (ARC) Lifeguarding with Waterfront Module certification or equivalent and have rescue equipment for the appropriate body of water. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Whitewater Rafting		B*	J**	C	S	A	X	Required	Follow the 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 current American Canoe Association (ACA) Rafting Level 4 Instructor or higher certification, and/or International Rafting Federation (IRF) Guide certification. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Parades and Other Large Group Gatherings	D	B	J	C	S	A		Not Required	Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
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.

Sailing		B*	J	C	S	A	X	Required	Ensure the adult or sailing instructor is certified as a sailing instructor or sailing counselor by U.S. Sailing, completes Girl Scouts small craft safety training certification or possesses equivalent certification or documented experience according to your council's guidelines. The instructor-to-girl ratio is one to four. Additional adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines . *Thoroughly verify Brownie maturity level for sailing.
Scuba Diving				C	S	A	X	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. Additional adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Segway See Miscellaneous Activities Safety Activity Checkpoints .					S	A		May Be 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		Not Required	Skate parks are for experienced skaters. Beginners should not be in skate parks. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A		May Be 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. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Snorkeling			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 American Red Cross Lifeguarding plus Waterfront Module, or YMCA Waterfront Lifeguarding certification or

										equivalent. One lifeguard is needed for every 25 swimmers. In addition, follow the adult-to-girl ratios listed in Swimming Safety Activity Checkpoints .
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	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	Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Surfing			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. Girls must demonstrate appropriate swim skill level. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Swimming	D	B	J	C	S	A			Required	Follow the lifeguard certification requirements and ratios listed in Swimming Safety Activity Checkpoints .
Target Sport Activities										
3-D Archery				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.
Air/BB Guns		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.
Archery		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.

Ax/Hatchet Throwing				C	S	A	X	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	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	*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.
Pistol					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.
Rifle				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.
Shotgun—Trap/Skeet Shooting				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.
Slingshot	D	B	J	C	S	A		May Be 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	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	Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
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.
Travel/Trips	D	B	J	C	S	A	X	Required	See Travel/Trips Safety Activity Checkpoints for grade-level trip and travel length recommendations. Adults must be present to meet the adult-to-girl ratios listed in the Introduction: Standard Safety Guidelines .
Tubing			J	C	S	A	X	Required	One adult must complete Girl Scouts Girl Scouts small craft safety training certification training certification 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 .
Waterskiing and Wakeboarding			J	C	S	A	X	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/Sail Boarding			J	C	S	A	X	Required	In addition to a lifeguard, at least one adult present should have Girl Scouts small craft safety training certification or equivalent.