

## Activities at a Glance

Activities in Girl Scouting require consideration by the safe and caring adult who guides the girls through the planning of each activity. Noting the abilities of girl and considering the progression of skills it takes from the easiest to the most difficult part of the activity is the role of the adult. Making sure the complexity of the activities does not exceed girls' individual skills is the reason why the Safety Activities Checkpoints are based on progressive experience. As you explore the many options to engage girls in exciting activities, you will notice that there are recommendations for some activities to start at an older grade level. These recommendations have taken into consideration the emotional, physical, and developmental stages of girls and should guide you as you plan activities with the girls. Please reach out to your council if you have specific questions about the progression. Guidelines may differ from state to state. The ultimate goal is for girls to feel confident and comfortable with each planned activity.

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications or Experience and Verification
Amusement Parks,	D	B	J	C	S	A	Not required	Follow the adult-to-girl ratios listed in the introduction.
Animal Interaction and Adventure	D	B	J	C	S	A	Not required	Follow the adult-to-girl ratios listed in the introduction.
Arts and Crafts (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Follow the adult-to-girl ratios listed in the introduction.
Backpacking - <b>Tier 1</b> unless involves challenging conditions, extended travel and/or other high risk activities	*	*	J	C	S	A	<b>Required</b>	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 supplies needed to camp. *(FOR DAISIES AND BROWNIES-REFER TO HIKING)
Bicycling	D	B	J	C	S	A	Not required. Bicycle trip approval may be required.	Follow the adult-to-girl ratios listed in the introduction
Camping	D-1	B	J	C	S	A	Not 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.

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<b>Climbing and Adventure</b>								
Challenge Courses - <b>Tier 2</b>	*D	*B	J	C	S	A	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. *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. Outdoor high ropes, and high elements are only permitted for Juniors and older.
Climbing and Rappelling - <b>Tier 2</b>	*D	*B	J	C	S	A	Required	*Daisies and Brownies are limited in what is permitted, so please check the master chart. Daisies and Brownies can do slacklining and low challenge elements. Outdoor high ropes, high elements, and rappelling are only permitted for Juniors and older. *Brownies can participate in most indoor climbing activities. 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 girls' needs. In addition, follow the adult-to-girl ratios listed in the introduction.
Recreational Tree Climbing - <b>Tier 2</b>			J	C	S	A	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. In recreational tree climbing, girls use ropes, harnesses, saddles, and climbing techniques to ascend into the crowns of trees.
Zip Lining - <b>Tier 2</b>		*B	J	C	S	A	Required	Not permitted for Daisies, except for playground zip lines. *Canopy tours are not permitted for Daisies or Brownies.

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Computer and Internet Use	D	B	J	C	S	A	Not required	All girls, as well as their parents/guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when going online.
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 – Tier 1		B	J	C	S	A	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, fractures, dehydration, and altitude sickness.
Downhill Skiing and Snowboarding - Tier 1	D	B	J	C	S	A	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	D	B	J	C	S	A	Not required	One adult is a certified fencing instructor or has equivalent certification or documented experience according to your council's guidelines. Ensure that 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.
Fishing and Ice Fishing	D	B	J	C	S	A	Not required	Adult or fishing instructor holds American Red Cross Basic Water Rescue certification or possesses 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.
Geocaching	*D	B	J	C	S	A	Not required	*Daisies are permitted when working with older girls and adults as part of another outdoor activity.

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Go-Karts			*J	C	S	A	Not required	*Juniors can't operate self-driving go-karts, and must participate in activities on a rail system.
Hayrides - <b>Tier 1</b>	D	B	J	C	S	A	Required	Qualified driver who is licensed to drive a vehicle in the jurisdiction, is at least 21 years of age, and has experience hauling the trailer and driving the vehicle being used. Additional adults must be present to meet the adult-to-girl ratios listed in the introduction.
Hiking	D	B	J	C	S	A	Not required	Adults must be present to meet the adult-to-girl ratios listed in the Introduction.
Horseback Riding - <b>Tier 1</b>	D	B	J	C	S	A	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.
Ice Skating (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Adults must be present to meet the adult-to-girl ratios listed in the introduction.
Indoor Skydiving - <b>Tier 1</b>			J	C	S	A	High required	Instructor holds instructional 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		B	J	C	S	A	Not required	Adults must be present to meet the adult-to-girl ratios listed in the introduction.
In-Line Skating and Roller Skating (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Adults must be present to meet the adult-to-girl ratios listed in the introduction.

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<b>Inflatables</b>								
Aquatic Bounce Houses and Slides		B	J	C	S	A	Not required	Aquatic inflatable bounce houses and slides are approved for Brownies and above.
Aquatic Climbing Walls			J	C	S	A	Not required	Aquatic climbing walls are not permitted for Daisies and Brownies. Juniors and above may participate in aquatic climbing walls as long as 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 participate in bounce houses that are specific for their age, height, and/or weight.
Bubble Soccer			J	C	S	A	Not required	Bubble soccer is not permitted for Daisies and Brownies.
Land Sports (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Ensure that adults are well versed in rules and aware of safety concerns for the designated sport.
Laser Tag (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Verify vendor is licensed and carries insurance.
Offshore Water/Large Passenger Vessels - <b>Tier 1</b>	D	B	J	C	S	A	<b>Required</b>	Vessels (ferries, cruise ships, whale-watching watercraft, and airboats) must be licensed by the U.S. Coast Guard. Follow the adult-to-girl ratios listed in the introduction.
Orienteering			J	C	S	A	Not required	Orienteering is not recommended for Girl Scout Daisies and Brownies, but they may be ready to learn pre-orienteering activities such as map reading, navigation and map-drawing. Follow the adult-to-girl ratios listed in the Introduction.

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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. In addition, follow the adult-to-girl ratios listed in the introduction.
<b>Paddle Sports</b>								
Canoeing – Tier 2	*D	B	J	C	S	A	Required	Follow Master Paddling Chart for certification by water type. At least one adult instructor or guide is currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by your council. Certifications must be appropriate for the activity. In addition, follow the adult-to-girl ratios listed in the Introduction. *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Corcl Boats - Tier 2		B	J	C	S	A	Required	Lifeguards have current certification in American Red Cross (ARC) Lifeguarding with Waterfront Module or equivalent and have the proper training, experience, and rescue equipment for the body of water being used. In addition, follow the adult-to girl ratios listed in the introduction.
Kayaking - Tier 2		B	J	C	S	A	Required	Follow Master Paddling Chart for certification by water type. At least one adult instructor or guide is currently certified by the American Canoe Association, the American Red Cross, or other sponsoring organization approved by your council. Certifications must be appropriate for the activity. In addition, follow the adult-to-girl ratios listed in the introduction.
Row Boating - Tier 2	*D	B	J	C	S	A	Required	*Daisies may use basic row boats only if they have an adult in the boat with them. In addition, follow the adult-to-girl ratios listed in the introduction.

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Standup Paddle Boarding - <b>Tier 2</b>			J	C	S	A	Required	Lifeguards have current certification in American Red Cross (ARC) Lifeguarding with Waterfront module or equivalent and have the proper training, experience, and rescue equipment for the appropriate body of water. In addition, follow the adult-to-girl ratios listed in the Introduction.
Whitewater Rafting - <b>Tier 2</b>		*B	**J	C	S	A	Required	Follow 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 American Canoe Association (ACA) Rafting Level 4 Instructor or higher certification, and/or International Rafting Federation (IRF) Guide certification. In addition, follow the adult-to-girl ratios listed in the introduction.
Parades and Other Large Group Gatherings (See Miscellaneous SAC)	D	B	J	C	S	A	May be required	Follow the adult-to-girl ratios listed in the introduction.
Sailing - <b>Tier 2</b>			J	C	S	A	Required	Ensure that the adult or sailing instructor is certified as a sailing instructor or sailing counselor by U.S. Sailing, holds American Red Cross Small Craft Safety Certification, or possesses equivalent certification or documented experience according to your council's guidelines.
Scuba Diving - <b>Tier 2</b>				C	S	A	Required	Scuba diving teacher holds instructional certification from Scuba Schools International (SSI), PADI, the National Association of Underwater Instructors (NAUI), or the YMCA. The instructor-to-girl ratio is one to four. In addition, follow the adult-to-girl ratios listed in the introduction.

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Segway (See Miscellaneous SAC) - Tier 1				C	S	A	Required	Vendor must be licensed and carry insurance. Segways are only allowed to be used in a pedestrian environment, not on public roads.
Skateboarding (See Miscellaneous SAC)		B	J	C	S	A	Not required	Skate parks should only be used by non-beginner skaters. Follow the adult-to-girl ratios listed in the introduction.
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A	Not required	Follow the adult-to-girl ratios listed in the introduction. Girls must go feet-first and helmets are strongly recommended. Girls are not permitted to be towed behind any vehicle, including snowmobiles.
Snorkeling - Tier 2			J	C	S	A	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 ARC Lifeguarding plus Waterfront Module, or YMCA Waterfront Lifeguarding certification or equivalent. One lifeguard is needed for every 25 girls. In addition, follow the adult-to-girl ratios listed in the Swimming SAC.
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 - Tier 2			J	C	S	A	Required	A guide with documented experience in cave exploration accompanies the group into the cave.
STEM (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	Follow the adult-to-girl ratios listed in the introduction.



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Surfing - <b>Tier 2</b>			J	C	S	A	Required	Instructors should hold a certification from the National Surf Schools and Instructors Association, the International Surfing Association, or similar certification. Ocean lifeguard certifications are required. The instructor-to-girl ratio is one to four. In addition, follow the adult-to-girl ratios listed in the Swimming SAC.
Swimming	D	B	J	C	S	A	Not required	Follow the lifeguard certification requirements and ratios listed in the Swimming SAC.
<b>Target Sports</b>								
3-D Archery - <b>Tier 1</b>			J	C	S	A	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>Tier 1</b>		B	J	C	S	A	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>Tier 1</b>		B	J	C	S	A	Required	One adult has certification from the National Field Archery Association, USA Archery, or Easton Foundation. In addition In addition, one adult to every five Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors is required.
Knife Throwing - <b>Tier 2</b>				C	S	A	Required	One adult instructor trained in knife throwing safety, form and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.

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Muzzle Loading - Tier 2				*C	S	A	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 - Tier 2					*S	A	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 - Tier 2				*C	S	A	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 eight Cadettes, Seniors, and Ambassadors is required.
Shotgun—Trap/Skeet Shooting - Tier 2				*C	S	A	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	Not required	One adult instructor trained in slingshot safety, form and technique, 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 - Tier 2		B	J	C	S	A	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.

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Tomahawk/Hatchet Throwing - <b>Tier 2</b>				C	S	A	Required	One adult instructor trained in hatchet/ax throwing safety, form and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.
Tethered Balloon Rides - <b>Tier 1</b>			J	C	S	A	Required	Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed. In addition, follow adult-to-girl ratios listed in the intro.
Travel/Trips	D	B	J	C	S	A	Required	See SAC for grade-level trip and travel length recommendations. Follow adult-to-girl ratios listed in the introduction.
Tubing - <b>Tier 2</b>			J	C	S	A	Required	One adult must be certified in American Red Cross Small Craft Safety and the Moving Water module from the American Red Cross, and have experience teaching and/or supervising tubing activities. If tubing behind a motorboat, make sure the driver is an adult and has a valid license to operate the motorboat. Girls are not permitted to be towed by jet skis or wave runners. Follow the lifeguard certification requirements and ratios listed in the Swimming SAC.
Waterskiing and Wakeboarding - <b>Tier 2</b>			J	C	S	A	Required	Ensure that the adult or instructor is certified by USA Water Ski or possesses equivalent certification or documented experience according to your council's guidelines. Confirm that 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 the Swimming SAC.
Windsurfing/Sail Boarding - <b>Tier 2</b>			J	C	S	A	Required	In addition to a lifeguard, at least one adult present should have small craft safety certification or equivalent experience. Follow the lifeguard certification requirements and ratios listed in the Swimming SAC

