



Slingshot

Council Approval: Required

High Risk

Tier 1

Activity Permitted For: D B J C S A

About Slingshots

Slingshots are actually descendants of the trebuchet and the sling—weapons used for centuries! For Girl Scouts, they serve as a progression step for target range activities like archery by teaching the girls about following range rules and commands as well as helping them to build aim, target skills, and hand-eye coordination.

Learn More: To learn more about Slingshot skills, view these links:

- [5 Proven Ways to Improve Skills](#)
- [How to Aim a Slingshot](#)

Include Girls with Disabilities

Talk to girls and their caregivers about disabilities. See [Disabled Sports USA](#) for more about equipment and adaptations,

Safety Activity Checkpoints

Verify instructor knowledge and experience. Because slingshots are intended to serve as a progression step for target sports, one adult needs to be a certified USA Archery instructor or have equivalent certification or documented experience according to your council guidelines.

Ensure that there is a ratio of one instructor for every ten girls for Juniors and older. For Daisies and Brownies, please have one instructor for five girls.

Assess participants' maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others.

Select a safe site.

- Equipment is stored when not in use and is in good repair.
- 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.
- Shooting line is clearly defined.
- Clearly delineated rear and side safety buffers are known to the entire facility population.

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.

- Areas with pedestrian traffic are avoided.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- The range is not used after nightfall.

At an indoor range, make sure:

- 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.
- “Shot” is appropriate for the range

Always keep the slingshot pointed in a safe direction. This is the primary rule of target sport safety. A safe direction means that the slingshot is pointed toward the target or toward the ground, so that even if it were to go off it would not cause injury or damage.

Ensure that equipment to be used is in good condition. Make sure that the equipment is clean, in good working order, and nothing is broken, brittle, or loose. Targets and backstops for targets need to be in good repair.

Dress appropriately for the activity. Make sure girls and adults avoid wearing loose sleeves, dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also, have girls tie back long hair.

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
- Always keeping the slingshot pointed in a safe direction
- Notice form to avoid snapping wrists or hand with the band.

Basic Slingshot Range Rules

- This range may be opened only by qualified instructor.
- Listen to and follow all commands on the range.
- Don’t pick-up, load, or fire your slingshot until given the commands.
- Stand behind the firing line. Do not straddle the firing line.
- Absolutely no running on the range.
- No extra talking on the range.
- Step back from the firing line when you finish firing.

Basic Slingshot Safety Rules

- Hold slingshot pointed in a safe direction, toward the target or the ground.
- Keep the pouch ammunition free until given permission to load and fire.
- Leave the bands at rest until you are ready to shoot.

Safety and Required Gear

- Stable slingshot
- Ammunition appropriate for the targets: dog food kibbles, ping pong balls, marshmallows, [1/2” paintballs](#)
- Range Rules poster