

# Safety Activity Checkpoints Matrix

Activity	Approval Form Needed?	Appropriate for Program Levels:					
		D	B	J	C	S	A
Click the links to view the checkpoints							
<a href="#">Adventure and Theme Parks</a> (incl. go-carts for Cad/Sr/Amb)	for go-carts only	L	L	L	X	X	X
<a href="#">Archery</a>	yes			X	X	X	X
<a href="#">Arts and Crafts</a>		X	X	X	X	X	X
<a href="#">Backpacking</a>	yes				X	X	X
<a href="#">Bicycling</a>	yes	X	X	X	X	X	X
<a href="#">Camping</a> (includes any overnight)	yes	L	X	X	X	X	X
<a href="#">Canoeing</a>	yes	L	L	X	X	X	X
<a href="#">Challenge Courses</a> (see also Ziplines, below)	yes	L	L	X	X	X	X
<a href="#">Climbing and Rappelling</a>	yes		L	X	X	X	X
<a href="#">Computer/Online Use + Online Safety Pledge</a>		X	X	X	X	X	X
<a href="#">Cookies/Council-Sponsored Sales</a>		X	X	X	X	X	X
<a href="#">Cross-Country Skiing or Downhill Skiing and Snowboarding</a>	yes		X	X	X	X	X
<a href="#">Fencing</a>	yes	L	X	X	X	X	X
<a href="#">Fishing or Ice Fishing</a>	yes	X	X	X	X	X	X
<a href="#">Geocaching</a>		L	L	X	X	X	X
<a href="#">Hayrides</a>		X	X	X	X	X	X
<a href="#">Hiking</a> (day hikes; see backpacking for overnights)		X	X	X	X	X	X
<a href="#">Horseback Riding or Vaulting on Horseback</a>	yes	L	X	X	X	X	X
<a href="#">Ice Skating or In-line/Roller Skating</a>	rivers/lakes only	X	X	X	X	X	X
<a href="#">Indoor Skydiving</a>	yes			X	X	X	X
<a href="#">Indoor Trampoline Parks</a>	special		X	X	X	X	X
<a href="#">Kayaking</a>	yes		L	X	X	X	X
<a href="#">Orienteering</a>				X	X	X	X
<a href="#">Other Land Sports</a>		X	X	X	X	X	X
<a href="#">Outdoor Cooking</a>	yes	L	X	X	X	X	X
<a href="#">Outside San Diego/Imperial County</a> (see reverse)	yes	X	X	X	X	X	X
<a href="#">Parades and Other Large Group Gatherings</a>		X	X	X	X	X	X
<a href="#">Playgrounds</a>		X	X	X	X	X	X
<a href="#">Recreational Tree Climbing</a>	yes	X	X	X	X	X	X
<a href="#">Rowboating</a>	yes	X	X	X	X	X	X
<a href="#">Sailing</a>	yes			X	X	X	X
<a href="#">Scuba Diving</a>	yes				X	X	X
<a href="#">Segway</a>	yes				X	X	X
<a href="#">Shooting Sports</a>	special				L	L	L
<a href="#">Skateboarding</a>			X	X	X	X	X
<a href="#">Sledding, Tobogganing, and Snow Tubing</a>		X	X	X	X	X	X
<a href="#">Snorkeling</a>	yes	X	X	X	X	X	X
<a href="#">Snowshoeing</a>	yes	L	X	X	X	X	X
<a href="#">Spelunking (caving)</a>	yes			X	X	X	X
<a href="#">Stand-Up Paddleboarding</a>	yes			X	X	X	X
<a href="#">STEM</a> (Science, Technology, Engineering, Math)		X	X	X	X	X	X
<a href="#">Surfing</a>	yes			X	X	X	X
<a href="#">Swimming</a>	yes	X	X	X	X	X	X
<a href="#">Travel, advanced domestic</a>	yes	L	L	X	X	X	X
<a href="#">Travel, international</a> (see reverse)	special				X	X	X
<a href="#">Tubing</a> (floating down a river)	yes	X	X	X	X	X	X
<a href="#">Waterskiing and Wakeboarding</a>	yes			X	X	X	X
<a href="#">White-Water Rafting</a>	yes		L	L	X	X	X
<a href="#">Windsurfing</a>	yes			X	X	X	X
<a href="#">Ziplining</a>	yes	L	L	X	X	X	X

<b>LEGEND</b>	X = Appropriate for typical girls of this age group. Assess girls' abilities objectively.
	L = Limited situations for this age group. See the activity's checkpoints for guidance.
	Special = Strict standards apply. Read reverse for instructions.
	Read the <a href="#">Introduction to SACs</a> and the specific checkpoints <b>before</b> you begin planning.
	Is your activity not listed? See "Approaching Activities" in <a href="#">Volunteer Essentials</a> or your activity consultant.

Download all SACs in one searchable [document](#).

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# Safety Activity Checkpoints Matrix

## Special Approval Instructions

[Volunteer Essentials](#) is your primary source for guidelines on girl-adult supervision, transporting girls, first aiders, and general safety.

Safety Activity Checkpoints (SACs) are provided for many specific activities. The SACs indicate whether approval is needed, age appropriateness, and much more.

A few activities need a slightly different process. This sheet captures those situations.

Contact your service unit activity consultant for assistance with the approval process. Your troop support specialist or the adult learning manager at Girl Scouts San Diego can help, too.

**Activities Not Allowed** include activities with potential freetail, X Games-type sports, outdoor trampolines, etc. See the list in [Volunteer Essentials](#).

**Indoor Trampoline Parks:** GSUSA began allowing limited use of indoor trampoline parks in 2015. Very specific review is required, including a site visit by council staff. The businesses are reviewed by request; either troop leaders or the business can request site approval. It can take time, however, to schedule the visit and complete any follow up. Troop leaders should contact Rea de la Cruz at [rdelacruz@sdgirlscouts.org](mailto:rdelacruz@sdgirlscouts.org) to request approval. Allow up to 60 days.

**International Travel** requires advance planning. Use the checklist in the Let's Go! booklet, found at [www.sdgirlscouts.org/travel](http://www.sdgirlscouts.org/travel). The approval process begins with your activity consultant, and includes a final review by the adult learning manager.

**Limits** on specific activities have to do with the appropriateness for the age group involved. For example, Girl Scout Daisies may enjoy hand-led pony rides, but may not participate in other forms of horseback riding. When you see an "L" in the Safety Activity Checkpoints Matrix, read the SACs for the details. Know that *any* activity has the potential to be above the girls' age or skill level, depending on conditions. Seek expert advice.

Going **Outside Girl Scouts San Diego** territory (San Diego and Imperial County) requires additional insurance. Download the Plan 3 enrollment form at <http://www.sdgirlscouts.org/ActivityInsurance> and follow the instructions on the form. Send an activity approval form to your activity consultant, indicating insurance enrollment. This applies to day trips and overnights.

**Contracts Over \$500:** generally, contracts which exceed \$500 no longer require council staff signature. Use good judgment and ask for advice whenever making these arrangements. Please note:

- Drivers may rent cars or minivans in their own names without staff signature.
- ANY plans to borrow or rent a passenger van must be reviewed by council staff, even if there is no cost. Contact [training@sdgirlscouts.org](mailto:training@sdgirlscouts.org) to get started

**Shooting Sports:** shooting sports include BB guns, rifles, muzzle-loading, shotguns, and pistols. Special approval is required for all shooting sports, and will be granted only for documented instructors at approved ranges. Allow a minimum of 45 days for approval. Send an activity approval form to your activity consultant, who will forward it to Girl Scouts San Diego staff. Shooting sports may be approved for girls age 12 and up; pistols for age 14 and up. Volunteers are urged to partner with parents/guardians to consider all facets of gun use.

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