

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

LEGEND	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 Introduction to SACs and the specific checkpoints before you begin planning.
	Is your activity not listed? See "Approaching Activities" in Volunteer Essentials or your activity consultant.

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

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 freefall, 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 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. 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 to get started