

Safety Activity Checkpoints (SAC) Matrix

Get approval for these activities

Troop or event leader: Ensure linked checkpoints and safety as outlined in Volunteer Essentials are followed by girls, adults, vendors, and instructors. **Request approval** at least 1 month in advance.

| General Activities | Appropriate for: | | | | | | Progressive Adventures | Appropriate for: | | | | | |
|-----------------------------------------------------------------------------------------|------------------|---|---|---|---|---|--------------------------|------------------|---|---|---|---|---|
| | D | B | J | C | S | A | | D | B | J | C | S | A |
| Aerial Fitness | | | | X | X | X | Master Progression Chart | | | | | | |
| Backpacking * | | | X | X | X | X | L | L | X | X | X | X | |
| Camping (includes any overnight) | X | X | X | X | X | X | L | L | X | X | X | X | |
| Community Clean-Ups * (see specific project guidelines) | L | L | L | X | X | X | L | L | X | X | X | X | |
| Cross-Country Skiing | | X | X | X | X | X | | | X | X | X | X | |
| Downhill Skiing and Snowboarding * | X | X | X | X | X | X | | L | X | X | X | X | |
| Fishing and Ice Fishing | X | X | X | X | X | X | | | | | | | |
| Go-Karting * (amusement park cars on tracks are ok for all levels; approval not needed) | | | L | X | X | X | Master Progression Chart | | | | | | |
| Hayrides | X | X | X | X | X | X | L | X | X | X | X | X | |
| Horseback Riding * (Daisy: hand-led rides) | L | X | X | X | X | X | | X | X | X | X | X | |
| Indoor Skydiving * | | | X | X | X | X | | L | X | X | X | X | |
| Offshore Water/Large Passenger Vessels * | X | X | X | X | X | X | | L | X | X | X | X | |
| Outdoor Cooking (includes campfires) | X | X | X | X | X | X | | | X | X | X | X | |
| Overnights (use Camping SACs for routine overnights; use Travel for advanced trips) | X | X | X | X | X | X | | | X | X | X | X | |
| Rocketry / Model Rocketry | | | X | X | X | X | | L | L | X | X | X | |
| Sailing * | | X | X | X | X | X | | | | | | | |
| Scuba Diving * | | | | X | X | X | Master Progression Chart | | | | | | |
| Snorkeling * | | | X | X | X | X | | | X | X | X | X | |
| Spelunking * (caving) | | | X | X | X | X | | X | X | X | X | X | |
| Surfing * | | | X | X | X | X | | X | X | X | X | X | |
| Swimming | X | X | X | X | X | X | | | X | X | X | X | |
| Tethered Balloon Rides * | | | X | X | X | X | | | | L | X | X | |
| Travel/Trips, domestic * or international * *** | | | L | X | X | X | | | | | L | X | |
| Tubing * (floating down a river) | | | X | X | X | X | X | X | X | X | X | X | |
| Waterskiing and Wakeboarding * | | | X | X | X | X | | X | X | X | X | X | |
| Windsurfing/Sail Boarding * | | | X | X | X | X | | | X | X | X | X | |

Approval is NOT required for these activities

The troop or event leader must ensure the linked Safety Activity Checkpoints and Volunteer Essentials/Safety are followed.

| | |
|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Amusement Parks | Inflatables: Aquatic Climbing Walls, Bounce Houses, Bubble Soccer, Log Rolling (Approval required for Aquatic Inflatables and Log Rolling.) See SACs for grade restrictions. |
| Animal Interactions (Approval required for international trips or those where other skills are needed, such as swimming) | Orienteering (J C S A only) |
| Bicycling | Parades and Large Group Gatherings |
| Computer and Internet Use and internet Safety Pledge | Pocket Knife and Jackknife Safety (Adult trained in Let's Have a Campfire must be present. Daisies use non-sharp mock knives.) |
| Cookie and Product Programs | Sledding and Tobogganing and Snow Tubing ** |
| Fencing (B J C S A only) | Snowshoeing ** |
| Geocaching (Daisies limited) | Tools, Hand and Power (see detailed info in SACs) |
| Hiking | Virtual Troop Meetings |
| Ice Skating and Roller Skating (Approval required for ice skating on natural bodies of water) | Miscellaneous Activities: STEM, Arts, Crafts, Land Sports, Skateboarding (B J C S A only), Laser Tag, and Segway (S A only) |
| Indoor Trampoline (B J C S A only) | |

Don't see your activity? Contact your activity consultant or training@sdgirlscouts.org.

LEGEND

ALWAYS: Read Volunteer Essentials Chapter 4 and the specific SACs **before** you begin planning. Involve the Girl Scouts!

X = Appropriate for typical girls of this age group. Assess girls' abilities objectively.

L = Limited situations for this age group. See the activity's SACs for guidance.

* GSUSA's insurance carrier indicates this is a higher-risk activity. Use extra care to follow the SACs.

** When on professionally established tracks, trails or runs.

*** Special Approval required = strict standards apply. Read reverse for instructions. Allow additional time for approval.

Safety Activity Checkpoints

Additional Information

Troop Management is your primary source for guidelines on girl-adult supervision, transporting girls, first aiders, meeting space selection, and general safety.

Progressive adventures feature Master Progression Charts for three activity categories. Girls build skills as they move into increasingly challenging opportunities:

- **Climbing and Adventure Sports** includes slacklining, low and high climbing elements, bouldering, and artificial climbing walls.
- **Paddling and Rowing Sports** includes rowboats, corcls, canoes, kayaks, packrafting, standup paddleboards, and whitewater rafting, all with varying currents or conditions.
- **Target Sports** includes slingshot, target paintball, air/BB gun, archery (and 3D archery), rifle, shotgun/trap/skeet, muzzle-loading and pistol. Special approval is required for firearms, and will be granted only for documented instructors at approved ranges. Contact your activity consultant to get the process started; allow at least 45 days. Volunteers are urged to partner with parents/guardians to consider all facets of gun use.

Limits on specific activities have to do with the appropriateness for the age group involved. For example, Girl Scout Brownies may whitewater raft only in Class I or II rapids. When you see an “L” in the Safety Activity Checkpoints Matrix or a Master Progression Chart, 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. For each specific activity, make sure you note the appropriate age level and instructor-girl ratios.

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.

Large Event and Encampment Approval: Participating troops may “inherit” group approval, if the director:

- Has been trained in the last 3 years
- Requests and receives approval for the entire event or encampment
- Creates and shares an emergency action plan with participating troops and/or individuals

Confirm the above with the director. If the director is not handling approval for the entire event, troop leaders or participating families may need to request approval. In all cases, confirm guidelines, including rules, first aider requirements, and emergency plans.

Indoor Trampoline Parks: Activity Approval is no longer required. As with all activities, use reputable venues with a certificate of liability insurance on file, and follow the SACs.

Reminders:

Some activities are never permitted. These include activities with potential freefall, X Games-type sports, outdoor trampolines, jet skis, ATVs, flying in privately owned aircraft, etc. **See Activities That Aren’t Allowed** in Volunteer Essentials.

To find out more about additional insurance options and enroll, [click here](#). (Note: Extra insurance is required for all international trips.)

International Travel requires advance planning of at least 12 months. Use the checklist in the **Let’s Go! booklet** and other troop travel resources, found at sdgirlscouts.org/volunteeresentials. The approval process begins with your activity consultant, and includes a final review by the adult learning manager.

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. Evaluate the need for collision and liability insurance coverage with your carrier.
- Vans designed for more than 12 passengers are now permitted when you follow our **Secure Transportation** instructions. ANY plans to borrow or rent a passenger van or bus must be reviewed by council staff, even if there is no cost. Contact serviceunits@sdgirlscouts.org to get started.