



Safety Activity Checkpoints (SAC) Matrix

Get approval for these activities

Troop or event leader: Ensure linked checkpoints and **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	Climbing & Adventure Sports Master Progression Chart						
Backpacking *			X	X	X	X	Challenge Courses *	L	L	X	X	X	X
Camping (includes any overnight)	X	X	X	X	X	X	Climbing and Rappelling * (incl. slacklining, bouldering, indoor walls)	L	L	X	X	X	X
Cross-Country Skiing		X	X	X	X	X	Recreational Tree Climbing *			X	X	X	X
Downhill Skiing and Snowboarding *	X	X	X	X	X	X	Zip-Lining *		L	X	X	X	X
Fishing and Ice Fishing	X	X	X	X	X	X	Paddling & Rowing Sports Master Progression Chart						
Go-Karting * (amusement park cars on tracks are ok for all levels; approval not needed)			L	X	X	X	Canoeing *	L	X	X	X	X	X
Hayrides	X	X	X	X	X	X	Corcl Boats		X	X	X	X	X
Horseback Riding * (Daisy: hand-led rides)	L	X	X	X	X	X	Kayaking *		L	X	X	X	X
Indoor Skydiving *			X	X	X	X	Rowboating	L	X	X	X	X	X
Offshore Water/Large Passenger Vessels *	X	X	X	X	X	X	Standup Paddleboarding *			X	X	X	X
Outdoor Cooking (includes campfires)	X	X	X	X	X	X	Whitewater Rafting		L	L	X	X	X
Overnights (use Camping SACs for routine overnights; use Travel for advanced trips)	X	X	X	X	X	X	Target Sports Master Progression Chart						
Sailing *		X	X	X	X	X	3-D Archery *			X	X	X	X
Scuba Diving *				X	X	X	Air/BB Guns * ***		X	X	X	X	X
Snorkeling *			X	X	X	X	Archery *		X	X	X	X	X
Spelunking * (caving)			X	X	X	X	Rifle, Shotgun (Including Trap and Skeet), Muzzle-Loaders * ***				L	X	X
Surfing *			X	X	X	X	Pistol * ***					L	X
Swimming	X	X	X	X	X	X	Slingshot	X	X	X	X	X	X
Tethered Balloon Rides *			X	X	X	X	Target Paintball		X	X	X	X	X
Travel/Trips, domestic * or international * ***			L	X	X	X	Throwing: Tomahawk, Knife, Hatchet *			X	X	X	X
Tubing * (floating down a river)			X	X	X	X							
Waterskiing and Wakeboarding *			X	X	X	X							
Windsurfing/Sail Boarding *			X	X	X	X							

Approval is NOT required for these activities

The troop or event leader must ensure the linked Safety Activity Checkpoints and Creating a Safe Space 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 contact serviceunits@sdgirlscouts.org

LEGEND

- ALWAYS: Read Volunteer Essentials 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

Volunteer Essentials 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, 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 service unit support specialist 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 a 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 airplanes, helicopter, or blimps, hang gliding, untethered hot-air ballooning, hunting, snowmobiling, riding a motorbike or electric scooters, parachuting or skydiving, parasailing, paintball tagging (target paintball is permitted), stunt skiing and zorbing.

Trips **Outside Girl Scouts San Diego (GSSD)** territory (San Diego and Imperial County) no longer require additional insurance unless they last 3 nights or more. For longer trips, download the Plan 3P enrollment form at sdgirlscouts.org/insurance and follow the instructions on the form. Day Trips outside GSSD do not require approval.

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 on [our website](#). The approval process begins with your activity consultant and includes a final review by your service unit support specialist.

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 get started.