



Introduction to Safety Activity Checkpoints

When preparing for any activity with girls, always begin with the Safety Activity Checkpoints written specifically for that particular activity. This introduction provides an overview of the format of each set of checkpoints. **Note:** In addition to reading these checkpoints yourself, you can also e-mail or print them for co-volunteers, parents/guardians, and girls.

Know where to do the activity. Quick list of the most common places girls carry out the activity

Include girls with disabilities. Tips and special Web sites for information on including girls with disabilities

Gear

Basic Gear includes clothing and equipment girls are likely to already have in their possession.

Specialized Gear includes clothing and equipment girls may need to purchase, rent, or borrow.

Prepare for the Activity

These checkpoints discuss steps to take in advance of the activity. Not every category is listed here, and not every activity includes these categories.

- Communicate with council and parents.** Tips for following council guidelines and keeping parents informed
- Ensure prerequisites.** Ranges from an ability to swim to knowledge of primitive camping
- Arrange for transportation and adult supervision.** Recommended adult-to-girl ratios for this activity
- Arrange for adult supervision, and verify instructor certification.** Ensuring the volunteers or on-site instructors possess the proper training/certification
- Select a safe site.** A game plan for ensuring the safest experience possible
- Compile key contacts.** Information on itineraries, phone trees, and other contact information
- Respect the environment.** Tips for ensuring environmental responsibility
- Prepare for emergencies.** First-aider requirements and other emergency precautions

On the Day of the Activity

These checkpoints include important final reminders on the day of the activity. Not every category is listed here, and not every activity includes these categories.

- Get a weather report.** Ways to monitor the weather for any outdoor activity and/or activity requiring transportation
- Review rescue tips.** Activity-specific rescue tips
- Use the buddy system.** The best way to ensure no one is separated from the group or unable to get help
- Be prepared in the event of a storm with lightning.** Special details for outdoor warm-weather activities

Links guide you to the best-known and best-respected Web sites.

Know-How for Girls offers games, mini-lessons, and other fun ways to expand girls' knowledge.

Jargon helps you and the girls master activity-specific terminology.



Table of Contents

Water Sports

- Canoeing
- Fishing
- Ice Fishing
- Kayaking
- Rowboating
- Sailing
- Scuba Diving
- Snorkeling
- Surfing
- Swimming
- Tubing
- Waterskiing and Wakeboarding
- White-Water Rafting
- Windsurfing

Land Sports

- Archery
- Bicycling
- Caving
- Challenge Courses
- Climbing and Rappelling
- Cross-Country Skiing
- Downhill Skiing and Snowboarding
- Fencing
- Geocaching
- Horseback Riding
- Ice Skating
- In-Line Skating and Roller Skating
- Other Land Sports
- Segway
- Skateboarding
- Sledding, Tobogganing, and Snow Tubing
- Snowshoeing

Camping Activities

- Backpacking
- Group Camping
- Hiking
- Orienteering
- Outdoor Cooking
- Trip/Travel Camping

Other Activities

- Arts and Crafts
- Computer/Online Use

- Girl Scout Cookies/Council-Sponsored Product Sale
- Hayrides
- Parades and Other Large Group Gatherings
- STEM (Science, Engineering, Technology, and Math)
- Theme Parks and Playgrounds

Alphabetical List

- Archery
- Arts and Crafts
- Backpacking
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- Caving
- Challenge Courses
- Climbing and Rappelling
- Computer/Online Use
- Cross-Country Skiing
- Downhill Skiing and Snowboarding
- Fencing
- Fishing
- Geocaching
- Girl Scout Cookies/Council-Sponsored Product Sale
- Group Camping
- Hayrides
- Hiking
- Horseback Riding
- Ice Fishing
- Ice Skating
- In-Line Skating and Roller Skating
- Kayaking
- Orienteering
- Other Land Sports
- Outdoor Cooking
- Parades and Other Large Group Gatherings
- Rowboating
- Sailing
- Scuba Diving
- Segway
- Skateboarding
- Sledding, Tobogganing, and Snow Tubing
- Snorkeling
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