

## Safety Activity Checkpoints Index

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### **Understanding Which Activities are prohibited in Girl Scouts Nation's Capital**

In an exciting, learning-by-doing environment like Girl Scouting, it's only natural that girls will sometimes want to take part in activities not covered in Safety Activity Checkpoints. When activities involve unpredictable safety variables, they are not approved as Girl Scout program activities. These include but are not limited to:

- Aerial Tricks on bikes, skis, snow boards, skateboards, and water skis
- Bungee jumping
- Firearm Possession, presence and use
- Flying in small private planes, helicopters, or blimps
- Go-carting
- Hang gliding
- High-altitude climbing
- Hot Air Ballooning
- Hunting
- Knife throwing
- Paintball
- Parachuting
- Parasailing
- Riding motor bikes, all-terrain vehicles
- Skydiving
- Trampolining (Outdoor)
- Tomahawk throwing
- Personal Motorized Watercraft
- Watercraft trips in Class IV and above
- Zorbing

#### **All SAC's Alphabetical Order**

(\* High Adventure – Requires a Certificate of Insurance from Vendor (See pg. 64 of [Volunteer Essentials](#))

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## By Category (Land Sports, Water Sports, other Activities)

### High Adventure (Requires a Certificate of Insurance from Vendor (See pg. 64 of [Volunteer Essentials](#)))

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## Available by Girl Scout Program Level

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- [Fishing](#)
- [Geocaching](#)
- [Girl Scout Cookie/Council-Sponsored Product Sale](#)
- [Hayrides](#)
- [Hiking](#)
- [Horseback Riding](#) (Daisies may participate in pony rides only)
- [Ice Fishing](#)
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