

Guidelines for Slingshots at Girl Scouts Nation's Capital Camp Properties During COVID-19

[View a list of addendums to the guidelines here.](#)

Introduction:

The purpose of this document is to present a set of suggested practices, based on currently available information, while using slingshots at Girl Scouts Nation's Capital Camp Properties during COVID-19. These suggestions are provided to assist facilitators and do not replace guidance from federal (e.g., CDC), state, and local authorities. Individual facilitators are responsible for appropriate risk assessment and risk management.

While sanitizing equipment is still required at the end of the session, GSCNC is now emphasizing that troops' main attention during their session be paid to adhering to the behaviors that are proven to be most effective in preventing transmission of COVID-19: social distancing, mask wearing, and hand hygiene

(<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>). Troops are welcome to sanitize the equipment more frequently than required during their reservation. Please bring your own cleaning supplies.

Participating in high adventure during a pandemic requires more time. Fewer girls can actively shoot at once and cleaning the equipment will take additional time not previously needed during a pre-COVID high adventure session. As such, if you have a larger troop (> 8 girls participating) we highly recommend that you consider reserving an additional hour for your activity. We also recommend splitting your girls into smaller groups. There will be more down-time: you should have activities prepared for girls who are waiting to participate.

The troop leader and other adult troop volunteers are primarily responsible for enforcing these guidelines. High adventure facilitators have the right to suspend a session if guidelines are not being enforced properly.

Site-Specific Information about Our Slingshot Ranges and Rentals

All Girl Scouts Nation's Capital camps have a slingshot range. Access to water/washstands at the ranges can be very limited or nonexistent. As such, all groups should bring plenty of hand sanitizer for their session.

There will be a one-hour "rest period" between all rentals. We recommend that this additional time be used as needed for any final cleaning your group needs to complete.

Very limited disinfecting wipes will be provided at the range: **groups should bring their own cleaning supplies.**

Facilitator Setup

- Wipe down slingshots, safety glasses, and ammo bowls (not all camps have these) with disinfectant wipes or spray. Allow equipment to dry completely.
 - Example videos for how to clean equipment can be found on gsLearn – “204 High Adventure Cleaning Procedures”
- Mark out spots for the participants to stand when shooting. They should be spaced out enough to allow for social distancing.
 - Not all ranges are the same size; smaller ranges may require fewer girls shooting at a time.
- Provide each girl with their own bowl or cup with ammo. You may want to bring extras with you. Examples include plastic cups or bowls, or pie tins.

Preparing for the Activity with Participants

- All **attendees** must have completed the [COVID-19 Health Pre-Screen Form](#)
 - This includes any adult chaperones and tagalongs that may be present.
- All participants should wash their hands or use hand sanitizer (perform hand hygiene) at the start of the session.
- Masks should be worn at all times for the duration of the session.
- When reviewing the rules, all members of the group should be social distancing.
- If the facilitator and entire group is comfortable, the facilitator may remove their mask when giving safety instructions at the beginning of the session. If they choose to do this, the facilitator must stand at least 15 feet away from any other individual (the longer distance is to account for the facilitator projecting their voice towards participants).

During the Activity

- Masks should be worn at all times.
 - Some groups have found that the safety glasses fog up while individuals are shooting. Safety glasses are required for the activity and must be used. A recommendation is to use a band-aid or piece of tape over the bridge of the nose to tape down the mask.
- Have a maximum of five girls shoot at one time, with at least 6 feet between them. If there is not enough space between shooters, fewer girls should shoot at one time. The only exception is for two individuals that already live in the same household (e.g. sisters or a mother and daughter).
 - Because fewer girls can shoot at one time, prepare down-time activities for the girls who are waiting.
- The facilitator and all attending individuals, not just the shooters, should maintain social distancing throughout the activity.

- Girls should perform hand hygiene before and after each round of shooting. If there are enough slingshots, each girl should have their own slingshot and safety glasses for the entire session. If there are not enough, consider one of the following options:
 - For safety glasses: participants can bring their own protective eyewear for the session if they have it.
 - If participants perform hand hygiene prior to each time they use a slingshot, and the group is comfortable with it, they could share slingshots as normal.
 - Consider having individuals who have already been in proximity with each other, such as family members, girls who shared the same sleeping unit, etc. share the same slingshot. The slingshot can still be cleaned and allowed to dry completely between uses if preferred.
 - Once a participant is done shooting with slingshot 'A', it would be wiped down and set to dry. Repeat with all available slingshots. Once all the slingshots have been used once, the next participant would use slingshot 'A'. Any slingshot must be completely dry prior to reuse.
- Shooters could wear gloves, but they need to be gloves that still allow the participant to grip the slingshot properly. Gloves should not be shared between participants.

After the Activity

- All participants perform hand hygiene.
- Disinfect all slingshots, safety glasses, ammo bowls/cups and any other equipment used. Let the equipment air dry before putting it away.
- Wipe down the box's lid and lock prior to departing.