

Training Required for Safety Checkpoints By Activity

Activity	First Aid/CPR	Other	Stipulations
Adventure and Theme Parks	✓		
All-Terrain Vehicles			NOT PERMITTED
Archery	✓	<i>Archery</i>	
Arts and Crafts	<i>Stipulations</i>		when special equipment, power machinery or chemicals are present
Backpacking	✓	<i>Backpacking</i>	
Bicycling	✓		
Bungee Jumping			NOT PERMITTED
Camping	✓	<i>Outdoor Skills</i>	
Travel Camping	✓	<i>Stipulations</i>	extended training required depends on trip see pages 26-27
Canoeing	✓	<i>Canoe/Kayak/Small Water Craft & stipulations</i>	swim test participants or have lifeguard present
Challenge Courses	✓	<i>Low Ropes & Stipulations</i>	High Ropes facilitated by Verified Agency
Climbing	✓		
Rappelling	✓	<i>Stipulations</i>	CWA (climbing wall assoc), AMGA (american mountain guides assoc), or PCIA(profession climbing guides institute) certification
Computer/Online Use		<i>Stipulations</i>	pages 40-42, Internet Safety Pledge
Cross-Country Skiing	✓	<i>Ski Instruction for girls</i>	
Downhill Skiing	✓	<i>PSIA or AASI certification</i>	
Snowboarding	✓	<i>PSIA or AASI certification</i>	
Fencing	✓	<i>US Fencing Coaches Association Certification</i>	
Fishing	✓	<i>Stipulations</i>	depends on where fishing is done: see page 53. Swim test all girls if fishing in water more than knee-depth
Flying (small planes, helicopters, blimps)			NOT PERMITTED
Geocaching	✓		
Girl Scout Product Sales	✓		
Go-Carting			NOT PERMITTED
Hang Gliding			NOT PERMITTED
Hayrides	✓		
Hiking	✓	<i>Stipulations</i>	Wilderness First Aid if greater than 30 minutes from EMS
Horseback Riding	✓	<i>Stipulations</i>	presence of accredited horsemanship instructor (who is at least 18 yrs old)
Hot Air Ballooning			NOT PERMITTED
Ice Fishing	✓	<i>Red Cross Basic Water Rescue certification</i>	
Ice Skating	✓	<i>Stipulations</i>	presence of experienced ice-skating instructor
Indoor Skydiving	✓	<i>Stipulations</i>	presence of International Bodyflight Association instructor

Training Required for Safety Checkpoints By Activity

Activity	First Aid/CPR	Other	Stipulations
Indoor Trampoline Parks	✓	<i>Stipulations</i>	presence of trained theme park staff who monitor trampoline court
In-Line Skating and Roller Skating	✓		
Jet Skiing			NOT PERMITTED
Kayaking	✓	<i>Canoe/Kayak/Small Water Craft & stipulations</i>	swim test participants or have lifeguard present
Motor Biking			NOT PERMITTED
Orienteering	✓	<i>Stipulations</i>	participants receive instruction in orienteering before starting
Other Land Sports	✓	<i>Stipulations</i>	in cases where instruction is necessary, ensure presence of instructors
Outdoor Cooking	✓	<i>Outdoor Skills</i>	
Parachuting			NOT PERMITTED
Parades and Other Large Group Gatherings	✓		
Parasailing			NOT PERMITTED
Playgrounds	✓		
Potentially Uncontrolled Free Falls			NOT PERMITTED
Recreational Tree Climbing	✓	<i>Basic Tree Climbing Course</i>	Tree Climbers International provides this certification
Rowboating	✓	<i>Small Water Craft certification</i>	swim test participants or have lifeguard present
Sailing	✓	<i>U.S Sailing Instructor or Sailing Counselor Certification</i>	swim test participants or have lifeguard present
Scuba Diving	✓	<i>Scuba Certification</i>	certification provided by SSI, PADI, NAUI or YMCA
Segway	✓	<i>Stipulations</i>	presence of Segway instructor
Shooting Sports	✓	<i>NRA Range Safety Officer/USA Shooting Sports Instructor</i>	
Hunting			NOT PERMITTED
Skateboarding	✓	<i>Stipulations</i>	participants receive instruction by experienced skateboarder before starting
Skydiving			NOT PERMITTED
Sledding, Tobogganing, and Snow Tubing	✓	<i>Stipulations</i>	girls receive instruction in sledding safety and conduct rules,
Snorkeling	✓	<i>Snorkeling Instructor Certification, lifeguard/small water craft certification</i>	Certification provided by SSI, PADI
Snowshoeing	✓	<i>Stipulations</i>	girls receive instruction by experienced snowshoer before starting
Spelunking	✓	<i>Stipulations</i>	presence of guide with documented cave experience
Standup Paddleboarding	✓	<i>ACA Stand Up Paddelboarding or Small water craft certification</i>	
STEM	✓		
Stunt Trampolining			NOT PERMITTED
Surfing	✓	<i>NSSIA or ISA certification</i>	see page 148, Ocean Lifeguard Certification recommended
Swimming	✓	<i>Red Cross Lifeguard Certification</i>	see chart on page 151 for number of lifeguards and watchers

Training Required for Safety Checkpoints By Activity

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Tubing	✓	<i>Red Cross Small Water Craft Safety, Moving Water Module</i>	swim test participants or have lifeguard present, girls receive instruction before tubing
Vaulting on Horseback	✓	<i>Vaulting Coach Certification</i>	certification provided by Certified Horsemanship Association
Waterskiing	✓	<i>USA Water Ski Certificaton</i>	swim test participants or have lifeguard present
Wakeboarding	✓	<i>USA Water Ski Certificaton</i>	swim test participants or have lifeguard present
White-Water Rafting	✓	<i>White Water Rafting Certification</i>	swim test participants or have lifeguard present
Windsurfing	✓	<i>Windsurfing Instructor Certification</i>	certification provided by U.S. Sailing Association, swim test participants or have lifegaurd present
Ziplining	✓	<i>Stipulations & ACCT Certification</i>	course must be accredited by PRCA or ACCT (see page 172)
Playground Ziplines	✓	<i>Stipulations & ACCT Certification</i>	course must be accredited by PRCA or ACCT (see page 172)
Canopy Zipline Tours	✓	<i>Stipulations & ACCT Certification</i>	course must be accredited by PRCA or ACCT (see page 172)
Zorbing			NOT PERMITTED