



Adventure and Theme Parks: Safety Activity Checkpoints



Adventure and Theme parks take a wide variety of forms depending on where they are located and the audience they are geared towards. Adventure and theme parks are a commercially operated enterprises that offer rides, games, activities and other forms of entertainment. To ensure a safe park experience, it's important to look at the various activities individually for safety, communicate with girls about ride and crowd safety, and to encourage girls to act responsibly. Search for [U.S. theme parks](#) by state at About.com. Remember that some activities have age, height and weight restrictions.

Caution: Girls are not allowed to operate motorized vehicles, such as go-carts, without council permission. Any activities with uncontrolled free falling such as bungee jumping are not allowed.

Include girls with disabilities. Communicate with girls of all abilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that [Disabled World](#) provides to people with disabilities.

Park Gear

Recommended Gear

- Casual and comfortable clothing suitable for the weather (long, flowing garments are not worn)
- Sunscreen (SPF of at least 15) and sunglasses as needed
- All hats, glasses, purses, and other such items are secured during activities or not taken on activities
- Comfortable footwear appropriate to the conditions

Prepare for the Park Activity

- Communicate with council and parents.** *See the Introduction to Safety Activity Checkpoints.*
- Girls plan the activity.** *See the Introduction to Safety Activity Checkpoints.*
- Arrange transportation and adult supervision.** *See the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios.*
- Ensure safety of theme-park rides*.** Obtain full information about the rides and other activities and evaluate them for safety. Discuss with the park manager or safety officer safety procedures, maintenance programs, insurance coverage, and other matters of concern. Verify in advance that the park carries liability insurance.
- Select a safe location.** Inspect the site to be sure it is free of potential hazards, and make sure emergency medical care, first-aid equipment and supplies are easily accessible. In the event of illness or accident, notify the nearest park attendant.
- Encourage girls to plan the trip.** Girls and adults determine the appropriate time of day and length of the visit to the park.
- Compile key contacts.** *See the Introduction to Safety Activity Checkpoints.*
- Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in activities.
- Be prepared in the case of an emergency.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. *See Volunteer Essentials* for information about first-aid standards and training.

On the Day of the Park Activity

- If an outdoor park get a weather report.** On the morning of the activity, check weather.com or other reliable weather sources to determine if conditions are appropriate, and make sure that the ground is free of ice. If severe weather conditions prevent the activity, be prepared with a backup plan or alternate activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with head between them.
- Use the buddy system.** *See the Introduction to Safety Activity Checkpoints.*

- **Review plans upon arrival.** Adults obtain a copy of the park guide—to facilitate the visit and gain important information on park policies and the location of restrooms and the first-aid station. Adults pay special attention to any safety tips or warnings and share this information with the girls. Adults discuss plans for the visit with girls, and set a place to meet in case of separation from the group.
- **For Water Parks.** Follow Swimming Safety Activity Checkpoints paying particular attention to water park safety rules.
- **Girls respect park rules and take general safety precautions.** Each girl is instructed to consider her own personal limitations with regard to rides and activities :
 - How she is affected by height, speed, movement, flashing lights.
 - Parks have policies and signs restricting access to certain rides and activities because of height, weight, or other criteria.
 - Adults instruct girls to look for and comply with all safety-related signs and instructions given by ride operators.
 - In extremely hot weather, girls go on rides and do other outdoor activities in the morning and late afternoon hours, and go inside for meals, stage shows, and so on during the warmest time of the day.
 - On rides, girls and adults remain seated and always keep their arms and legs inside the car at all times.
 - Seat belts or restraint bars are always used and are never removed during rides.
 - Any unsafe conditions, such as slippery floors, broken seat belts, and nonfunctioning exit signs are reported to the nearest park attendant.
 - Girls and adults use all provided safety equipment including harnesses, auto belay, goggles, etc.
- Keep track of girls' whereabouts. Conduct a head count before and after activities. Ensure that girls know where to go and how to act when confronted by strangers or intruders.

Park Link

- International Association of Amusement Parks and Attractions:
www.iaapa.org

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**



Arts and Crafts: Safety Activity Checkpoints



Whether girls are painting, knitting, bookbinding, sculpting, making origami or jewelry, or doing any one of a number of arts-and-crafts projects, the options for artistic self-expression are endless. Girls are encouraged to plan details of arts-and-crafts activities, and it's important that activities are appropriate to each girl's age, experience with tools, attention span, and the complexity of the project. Also keep environmental impact in mind; for instance, when doing arts and crafts outdoors, don't use materials such as glitter that will pollute campgrounds.

Know where to do arts and crafts. Connect with your Girl Scout council for site suggestions. Ensure that the location is well-ventilated.

Include girls with disabilities. Communicate with girls and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that the [National Institute of Art and Disabilities](#) and [National Arts and Disability Center](#) provide to people with disabilities.

Arts and Crafts Gear

Required Gear

- Protective face- and eye-safety equipment, such as masks, shatterproof lenses, eyeglass guards, or goggles are worn, when appropriate, for protection against sparks, dust, fumes, and debris.
- Due to a potential for extreme allergic reactions to latex, Girl Scouts recommends the use of vinyl or nitrile gloves when such gloves are necessary for an arts-and-crafts project.
- Any safety equipment indicated by industry standards. For example, heavy gloves when handling hot or sharp objects. For specific guidelines, see the [Consumer Product Safety Commission's Art and Craft Safety Guide](#).
- Long hair is tied back; girls do not wear loose clothing or jewelry when using machinery or tools with moving parts
- First Aid kit

Recommended Gear

- Age-appropriate materials (for example, with younger girls, use water-based paints and products that are easily removed from clothes, and scissors with blunt ends).
- Clothing appropriate for the activity.

Prepare for Arts and Crafts

- Communicate with council and parents.** *See the Introduction to Safety Activity Checkpoints.*
- Girls plan the activity** *See the Introduction to Safety Activity Checkpoints.*
- Arrange for transportation and adult supervision.** *See the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios.* In addition, supervision is increased when advanced equipment, such as soldering irons, burners, or power saws, is used. Use of cutting tools, hammers, and spray paints is carefully supervised.
- Verify instructor knowledge and experience.** For activities beyond those described in Girl Scout publications, the instructor must have skill in teaching arts and crafts and documented experience according to your council's guidelines, as outlined in *Volunteer Essentials*. The instructor teaches girls the basic skills and demonstrates the safe use and care of equipment—for example, cutting tools are used with the blade away from the body.
- Compile key contacts.** *See the Introduction to Safety Activity Checkpoints.*
- Select a safe arts-and-craft site.** Ensure that:
 - Girls have sufficient space to move around while working, and there is enough space for table work for each girl, when appropriate.
 - Work sites are well ventilated for activities involving hazardous materials and spray paints (for example, turpentine, spray fixatives and varnishes) or ceramic dust.
 - Flammable material is used only in work spaces away from ignition sources such as open flames, heaters and candles.
 - Provision is made for proper and safe disposal of all waste materials.
 - Fire exits are clearly marked, and fire safety equipment is on hand.
 - Food and beverages are not consumed in activity areas.

- **Prepare for emergencies.** When specialized equipment, power machinery, or chemicals are being used, ensure the presence of a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED; ensure a first-aid kit is available. Emergency procedures are clearly posted for swallowing a chemical, getting a chemical in the eyes, skin contact with a chemical, and so on. See *Volunteer Essentials* for information about first-aid standards and training.
- **Use safe equipment and materials.**
 - Art materials are purchased from reputable sources, such as school-supply houses. Product labels clearly indicate what the material is and how to write or call the manufacturer.
 - Girls never use donated or discarded material whose ingredients are not known, and very old or unlabeled materials may be toxic and are not used.
 - Care is taken to protect girls from dyes, pigments, preservatives, and other chemicals that may provoke allergies.
 - Girls who are physically or psychologically disabled, or who are on medication, may be at greater risk from toxic materials.
 - Kilns are ventilated, and children using them are directly supervised.
- **Educate about potentially hazardous materials.** The following materials may be used only after girls have received adequate safety instruction:
 - Dusts or powders that can be inhaled or that can get in the eyes
 - Organic solvents, volatile glues, or solvent-containing products such as aerosol sprays
 - Anything that stains the skin or clothing (or that cannot be washed out of clothing)
 - Acids, alkalis, bleaches, or other irritating or corrosive chemicals
 - Review the Material Safety Data Sheet (MSDS) of any chemicals before deciding to use the chemical. Follow instructions provided.
 - Ensure that girls wash their hands after using supplies that are labeled as hazardous.
 - If transferring hazardous materials to another container, ensure this container is labeled “hazardous.”

On the Day of the Arts-and-Crafts Activity

- **Get a weather report.** If the activity will take place outdoors, on the morning of the activity check weather.com or other reliable weather sources to determine if weather conditions are appropriate, and make sure that the ground is free of ice. If severe weather conditions prevent the activity, be prepared with a backup plan, alternative activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm with lightning, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with heads between them..
- **Use the buddy system.** See *the Introduction to Safety Activity Checkpoints*.
- **Safeguard valuables.** See *the Introduction to Safety Activity Checkpoints*.
- **Exercise caution when handling and storing equipment and supplies.**

- Equipment and supplies are locked in a storage area whenever possible. Safety and operating instructions for dangerous equipment (for example, power tools and kilns) are reviewed and posted.
- Scissors, knives, and other cutting tools are cleaned, oiled, and sharpened, as needed.
- Flammable materials, such as paints and solvents, are labeled and stored in a dry, well-ventilated area out of the reach of young children. Equipment and supplies are used for their intended purpose only. Turpentine or paint thinner may be used as a paint solvent with adequate ventilation. Gasoline is never used as a paint solvent.
- Solvent- or oil-soaked rags are kept in waste cans that meet fire safety codes and are emptied daily.
- Containers of solvents are covered. They evaporate quickly, and inhalation can be hazardous.
- Manufacturers' labels on paints, chemicals, and aerosol cans are read before product use. These substances are used only in well-ventilated areas away from any open flames.
- When transferring substances into other containers, label each container as to content and procedures for use and disposal.
- When girls gather natural materials (such as leaves), conservation principles are taught and practiced.

Arts-and-Crafts Links

- <http://lessonplans.craftgossip.com/>
- www.enchantedlearning.com/crafts
- <https://www.pinterest.com/>

Arts-and-Crafts Know-How for Girls

- **Select cool craft projects.** After discussing themes, available supplies, and techniques, create a list of potential projects and begin researching how to create the project. Perform keyword searches for the craft projects. These sites (among others) provide arts-and-craft projects: <http://lessonplans.craftgossip.com/> , www.enchantedlearning.com/crafts and www.pinterest.com.



Computer/Online Use: Safety Activity Checkpoints



Girl Scouts use the Internet for a variety of reasons such as to communicate with other girls, research travel plans and activities, and create websites for events and series opportunities. In addition, Councils may choose to participate in the Digital Cookie online sales program, as well as the online sale and marketing of other approved Girl Scout related products. In addition, a Girl Scout group working with an adult may wish to do such things as:

- Earn a technology award or other award found online
- Search for other Girl Scout council or group web sites
- Research a badge or community resource
- Visit the [World Association of Girl Guides and Girl Scouts' \(WAGGGS\) Web site](#) or member countries' web sites
- Create a static web page on the Internet (a static web page is one that looks the same each time users view it and does not allow guests to post to it)
- Set up a secure, password-protected Web site with a calendar and information for girls and families
- Use Girl Scout vendor web sites to learn more about product activities

Adults should monitor web sites that girls view, ensuring that they are safe and actively controlled. No girl or adult acting on behalf of girl members can collect money online for

Girl Scout products or conduct money-earning activities online with two exceptions. The first is for Digital Cookie, and the second is for GSUSA-approved magazine vendor programs. In addition to the information contained in these Safety Activity Checkpoints, please also see the Safety Activity Checkpoints titled “Girl Scout Cookie/Council Sponsored Product Sales”.

Know where to use computers and go online. Most girls will go online from their home computers. For girls that cannot go online from home, check with your Girl Scout council for suggestions on sites where computers are available for use.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that **Independent Living Institute** provides to people with disabilities.

Prepare for Computer/Online Use

- Communicate with council and parents.** *See the Introduction to Safety Activity Checkpoints.*
- Girls plan the activity.** *See the Introduction to Safety Activity Checkpoints.*
- Arrange for transportation and adult supervision.** *If girls will be participating in a group learning session outside of their normal meeting place, see the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios.*
- Verify instructor knowledge and experience.** When planning a group learning session, make sure the instructor has the appropriate knowledge and experience for the learning session.
- Select a safe location to use computers and the web.** When planning a group learning session, identify a location that provides group members with opportunities to use computers and access the Internet. Look for computers available for group use at a library, Girl Scout program center, school or college computer lab, computer rental store with training facility, or museum. Make sure that there are enough computers for each girl to learn by doing, even if there is some sharing (cooperative learning) taking place.
- Understand the Girl Scout Internet Safety Pledge.** Before girls use the Internet, copy and distribute the Girl Scout Internet Safety Pledge, which is available at the end of this document and at www.girlscouts.org. All girls, as well as their parent/guardian, must read, agree to and sign the Girl Scout Internet Safety Pledge before girls go online.

Guidelines for Developing a Web Site

- Ensure girls’ safety in web site design.** Girls must understand that the Internet is an open means of communication that anyone can access. As such, web sites will often attract people other than their intended users. It is therefore imperative that any information that could jeopardize the safety and security of girls and adults not be disclosed on a web site. The following measures help to ensure girls’ safety while online:
 - Use only girls’ first names.

- Never post last names, addresses, phone numbers, or e-mail addresses of girls.
 - Always have a parent's or guardian's permission when using pictures of girls on a Web site. This is especially important if the girl is under 13 years old.
 - Do not post addresses of group meeting places or dates and times of meetings, events or trips. Instead, an adult who wishes to communicate upcoming events with families of Girl Scouts should send an e-mail to the families.
 - Do not allow automatic posting of messages to a web site. All postings (such as message boards or guest books) should have adult oversight and be screened prior to posting live.
 - Ensure that web sites do not show personal e-mail addresses of girls, but use a troop or group e-mail, or an adult's e-mail address.
- **Web sites and links.** When selecting links to other web sites that show on your site, make sure the contents of potential links are in keeping with Girl Scout principles and activities. Avoid linking to commercial sites selling merchandise to avoid implied Girl Scout endorsement of the products they offer. Seek out sites that enhance girls' participation in Girl Scouting. These sites should be: tasteful; program level appropriate; show diversity; beneficial for girls, adults, and families; and in keeping with the Girl Scout organization's purpose. As a courtesy, you should e-mail the site's Webmaster, requesting permission to link to the site. Use similar criteria to determine what sites link to your group's web site.
- **Respect copyrighted material.** A group web site may not use copyrighted designs, text, graphics, or trademarked symbols without specific permission from the copyright or trademark holder. The basic principle is, if it's not yours, don't use it. Girls may use trademarks owned by GSUSA, which include the trefoil shape; Girl Scout Daisy Pin and Girl Scout Brownie Pin; contemporary and traditional Girl Scout pins; the words Girl Scout Daisy, Girl Scout Brownie, Girl Scout Junior, Girl Scout Cadettes, Girl Scout Senior, Girl Scout Ambassador, Girl Scouting, Girl Scouts, and Girl Scout Cookies; Girl Scout Brownie Try-its, Girl Scout Junior Badges, and all Girl Scout Cadette-Ambassador Interest Project awards, their names and symbols, as well as all Girl Scout journey insignia. Information on use of GSUSA graphics and trademarks can be found at www.girlscouts.org under Girl Scout Central: Graphics Gallery, and under the link for Terms and Conditions on the footer of each www.girlscouts.org page (http://www.girlscouts.org/help/terms_conditions.asp). Girl Scout trademarks can be used only in accordance with guidelines for their use. The Girl Scout trefoil, for example, may not be animated or used as wallpaper for a Web site. Check with your council's Web site for complete graphics guidelines and approvals. Some names (such as commercial products and cartoon characters) are also trademarked and cannot be incorporated into web sites or web site addresses. Permission is also required from the author or publisher for the use of videos and music on web sites. Do not post words to copyrighted songs, poems, or books, as permission must be granted from the record label, publisher, artist, poet, or author, and is nearly impossible to obtain.
- **Social-networking sites.** Groups whose girls are at least 13 years old and have obtained parental permission may set up a troop or group social networking site. In addition, all social networking sites (such as Facebook, Twitter and Myspace) must be approved by the council and must meet age limits set by the provider

(usually 13 years old and older in most cases, which is in accordance with the United States Child Online Privacy and Protection Act [COPPA] and the Child Online Protection Act [COPA]). Any online marketing using social networking tools must follow guidelines outlined in the “Managing Group Finances” chapter of *Volunteer Essentials*. Any appearance in a Girl Scout–related online video or picture must have permission from each girl’s parent or guardian, using the GSUSA girl/adult permission form. These completed forms should be held by the adult and/or council.

Digital Cookie Guidelines

Digital Cookie is an online sales outlet for Girl Scout Cookies, designed to supplement and enhance the traditional cookie sales program. Since this is a unique way for girls to participate in the Girl Scout Cookie sale, separate Terms and Conditions for Girl Scouts, Volunteers, Parents/Guardians and Councils have been developed.

- **Ensure girls safety.** Girls must read and accept the Girl Scouts Digital Cookie Pledge before they can participate in the Digital Cookie Program. Parents/guardians of girls must read and accept the Terms and Conditions for Parents/Guardians of Girl Scouts before their daughter can participate in the Digital Cookie Program. Finally, volunteers must read and accept the Terms and Conditions for Volunteers before they can participate in the Digital Cookie Program. The following measures will help to keep a girl safe while participating in the Digital Cookie Program:
 - Girls should never post their last names, addresses, phone numbers or email addresses
 - Girls may only post about their participation in the Digital Cookie program on social media sites that allow them to restrict access to friends and family (e.g. Facebook), and not to social media sites open to anyone (e.g. Craigslist or e-Bay).
 - Girls will only share the link to their Digital Cookie site with people they know in real life
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- **Digital Cookie web sites.** As part of the Digital Cookie program, girls will be creating their own unique web sites to market and sell Girl Scout Cookies. Girls will be able to take and track orders, set sales goals and show how they will use the proceeds from cookie sales to support Girl Scout activities. Girls will also be able to upload videos to their website to help market the Girl Scout cookie sale. In order to ensure the safe use a girl’s Digital Cookie web site the following points should be kept in mind:
 - Parents/guardians must review and approve a girl’s website before it goes live.
 - For girls under 13 years old, a parent or guardian must manage the girl’s web site and be responsible for all content and information posted.
 - Girls must only share their first name, troop number and council name on their Digital Cookie web site.
 - Parents/guardians must review and approve any pictures and videos before they are posted to a girl’s Digital Cookie web site. If the girl is under 13 years old, a parent or guardian must post the pictures and videos to the girl’s web site.

- The posting of all videos must be done in accordance with the instructions provided by GSUSA in order to ensure the security of the girl's Digital Cookie web site.

Computer and Online Safety Links

- Girl Scouts of the USA: www.girlscouts.org
- Go Girls Only (for girls grades 1–6): www.gogirlsonly.org
- Stop, Think, Connect: (<http://forgirls.girlscouts.org/wp-content/uploads/2012/08/STCResourceforKids.pdf>)
- The Juliette Gordon Low Birthplace in Savannah, Georgia: www.juliettegordonlowbirthplace.org
- Girl Scout Cookies (for information on Girl Scout Cookies): www.girlscoutcookies.org
- Girl Scout council Finder: www.girlscouts.org/councilfinder

Blogging

- **Blog about Girl Scouting.** Planning a take-action project, road trip, or camping adventure? Consider documenting your plans and experiences on a council or national blog and divvy up the documentation duties (photography, writing, editing, and so on) among the group.



Girl Scout Cookie/Council-Sponsored Product Sale: Safety Activity Checkpoints



The Girl Scout Cookie Program is the largest girl-led business in the United States, generating more than \$700 million for girls and communities nationwide. Through the Girl Scout Cookie Program, girls develop five essential skills: goal setting, decision making, money management, people skills, and business ethics. Girl Scout council-sponsored product sales—which include products from official Girl Scout Cookie vendors and magazine and nut vendors—give girls proven opportunities to earn money and/or credits for their Girl Scout program activities, while contributing significantly to their local councils and communities through take-action projects.

Know where to sell Girl Scout Cookies and other products. See “Sell in Designated Areas” in this checkpoint, as well as materials and information supplied by your Girl Scout council and vendors.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations.

Prepare for the Girl Scout Cookie/Council-Sponsored Product Sale

- ❑ **Communicate with council and parents.** See *the Introduction to Safety Activity Checkpoints*. In addition, make sure to obtain written permission from a girl's parent or guardian before she participates in a council product sale.
- ❑ **Girls plan the activity.** In order for girls to gain essential leadership skills inherent in the Girl Scout program, it is important to involve girls in the goal setting, planning, and execution of product sales. For this reason, adults may

assist, but cannot sell Girl Scout products. (The role of the Girl Scout Daisy adult is fully explained in online materials on girlscouts.org on the [Girl Scout Central: Cookies](#) page.)

- **Girls learn about product sales safety.** Girls learn and practice personal protection skills as outlined in GSUSA publications including this and other Safety Activity Checkpoints, Volunteer Essentials (provided by your council) and Risk Management at Girl Scout Councils. Examples of safe practices include:
 - Providing, a designated adult's telephone number and/or group e-mail overseen by an adult for product reorders or complaints
 - Girls never giving out their phone number or personal e-mail address
 - Ensuring a first-aid kit is available at a booth sale or product sale "walk-about"
 - Having immediate telephone access to an adult as part of the emergency plan for Cadettes, Seniors and Ambassadors (Daisies, Brownies and Juniors are always accompanied by an adult)
- **Arrange for adult supervision.** *See the Introduction to Safety Activity Checkpoints for adult-to-girl ratios, as well as the following guidance.* Adults provide supervision and guidance for all program levels, and must accompany Girl Scout Daisies, Brownies and Juniors when they are selling, taking orders for, or delivering products. Adults oversee Girl Scout Cadettes Seniors, and Ambassadors, and must be aware of how, when, and where the girls are selling products. In addition, an adult must be readily accessible to girls when they are participating in product sales. This can be accomplished by an adult being present with the girls or by having the adult and girls exchange telephone numbers. Adults are present at booth activities with girls at any program level. Adult supervision also extends to any online activity including Digital Cookie.
- **Prepare for cookie and product sales with Girl Scout Daisies.** Girl Scout Daisies may participate in product sales, but must do so under the direct supervision of an adult. Materials provided by GSUSA for Daisies focus on engaging girls in selling to friends (including neighbors and social groups) and family. This approach is based on:
 - The attention span and physical abilities of the girls
 - The need for one-on-one supervision when handling money (the adult should hold all money)
 - The involvement of parents or trusted adults in goal-setting, and ensuring that goals are appropriate for the group or individuals
 - The importance of providing girls with a foundation in the basics of product-related activities
- **Sell in a designated area.** Girl Scouts should observe council jurisdiction (by zip codes) when marketing and selling products in person or at a cookie booth. For Digital Cookie girls may market and sell to family and friends beyond their council's jurisdiction. Prospects that come from outside council jurisdiction should be referred to the council finder at www.girlscoutcookies.org. Girl Scouts should observe council jurisdictions when selling cookies in a parent's or guardian's workplace, unless other arrangements are made to accommodate all Girl Scout families connected to that workplace. For cookie booth sales, all booth locations are designated and approved by the council. In addition, all council guidelines with regard to setting up, manning and taking down a booth must be followed (see below for additional information).

- **Respect Girl Scout trademarks.** Girl Scout Cookies and Girl Scouts are trademarked by Girl Scouts of the USA and cannot be used to endorse others' products or services. Any questions regarding the use of Girl Scout Cookies or the name Girl Scouts must be addressed to the Girl Scout council or trademarks@girlscouts.org. The Girl Scout name, Girl Scout Cookies and Girl Scout marks, as well as pictures of Girl Scout Cookie boxes or cookies themselves, can be used only by Girl Scout councils and by girls in conjunction with a Girl Scout product program. These rights are not transferable to customers or businesses purchasing cookies for use with gifting or promotional activities.

On the Day of the Girl Scout Cookie/Council-Sponsored Product Sale

- **Use the buddy system.** See the *Introduction to Safety Activity Checkpoints*.
Note: If an individual Girl Scout Cadette, Senior or Ambassador is selling or delivering products, or making a sales presentation to a group, she must be accompanied by an adult if she is not accompanied by a buddy.
- Practice safety in selling and delivering products.
 - Girls must wear a membership pin, uniform or Girl Scout clothing (e.g., Girl Scout T-shirt) to clearly identify themselves as Girl Scouts.
 - Girls and accompanying adults should be familiar with the areas and neighborhoods where product sales take place.
 - Girls should participate in door-to-door sales only during daylight hours.
 - When Girl Scouts operate a booth in a store, mall or other public place, adults must be present at all times, regardless of the age of the Girl Scouts. When planning sales booths, follow council guidelines for additional information about setting up a booth and safety and security suggestions and assistance.
 - Use safe pedestrian practices, especially when crossing at busy intersections.
 - Do not enter the home or vehicle of a stranger, and avoid selling to people in vehicles (except at designated drive-thru cookie booths) or going into alleys.
 - Do not carry large amounts of money and ensure provisions have been made for safeguarding the money in advance of the sale.
- **Practice safe booth sales.** When setting up booth sales, ensure that:
 - You have adequate space at the booth for table, products and girls and to allow for safe passage by pedestrians, bikes and cars.
 - Girls are a safe distance from cars. If possible, set up a safety barrier between cars and the booth—perhaps a few volunteers could park their cars in spaces near the booth location.
 - The booth is not blocking a store entrance or exit.
 - While girls can receive cash from buyers and make change, they should hand the money to the adult for safekeeping. It is important that cash is kept safe and out of sight. This can be accomplished by:
 - Keeping the cash box against a wall or behind a barrier of cookie boxes
 - Having an adult volunteer keep the money by, for example, securing it in a front-facing pouch tied around her waist
- **Digital Cookie.** Digital Cookie is friends and family driven, and allows girls to create their own Digital Cookie web site where their friends and family can purchase cookies. In order for a girl to participate in the Digital Cookie Program she must read and agree to abide by the Girl Scout Digital Cookie Pledge and her parents/guardians must read and agree to abide by the Digital Cookie Terms

and Conditions for Parents/Guardians of Girl Scouts. Both of these documents outline the steps needed to ensure a girl has a safe experience when participating in the Digital Cookie Program. For more specific information on how to be safe when participating in the Digital Cookie Program, please see the Computer/Online Use: Safety Activity Checkpoints.

- **Practice safe online marketing.** Girls not participating in Digital Cookie may call and send e-mail messages to alert friends and family to product sales, and accept customer commitments via email or telephone. Girls who are 13 years old or older may use social networking sites to market product, but must follow council and GSUSA guidelines. Girls sending out product e-mails or announcements online should sign with their first names only, their troop/group number or name and their council name. Personal e-mails or street addresses of girls should never be used for contacting or responding to customers. Instead, use one of the following:
 - A blind return address account, hosted on a secure site such as provided by our product sales partners, where the girls' name or personal e-mail address is not revealed to the customer
 - A group account monitored by an adult
 - An adult e-mail account supervised by an adult

Girl Scout Cookie/Council-Sponsored Product Sale Links

- Girl Scout Cookies official site: www.girlscoutcookies.org

Girl Scout Cookie/Council-Sponsored Product Sale Know How

- GSUSA official product sale vendors: Companies licensed by Girl Scouts of the USA to produce official Girl Scout products for girls to sell. The companies are selected by councils and contracted for one, two, and/or three years.
- [Little Brownie Bakers](#) and [ABC Bakers](#) produce Girl Scout cookies. Their Web sites have general information as well as activities and management tools.
- [Ashdon Farms](#) and [Trophy Nut](#) are approved GSUSA nut vendors and provide online information, activities, and management tools.
- [QSP /GAO](#) and [M2 Media Group](#) offer magazine subscription programs approved by GSUSA. Each provides online tools and activities for download and use. Magazine selection and sales may take place online. Check with your council for more details.
- Nutritional and packaging information: Read nutritional and health information on product description sheets provided by the vendors annually or check their Web sites. Girls should be able to discuss serving size, nutritional values, and fat and allergy information. Read additional nutrition information at www.girlscoutcookies.org. Recycling information is provided on product containers.



Girl Scout Internet Safety Pledge for All Girl Scouts

I will not give out personal information such as my address, telephone number(s), parents' or guardians' work address/telephone number(s), and the name and location of my school without the permission of my parent or guardian.

I will tell an adult right away if I come across or receive any information that makes me feel uncomfortable.

I will always follow the rules of Internet sites, including those rules that are based on age of use, parental approval and knowledge, and public laws.

I will never agree to get together with someone I "meet" online without first checking with my parents or guardians. If my parents or guardian agree to a meeting, I will arrange it in a public place and bring a parent or guardian along.

I will never send a person my picture or anything else without first checking with my parent or guardian.

I will talk with my parent or guardian so that we can set up rules for going online. We will decide on the time of day that I can be online, the length of time that I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

I will not use the Internet to collect money for Girl Scout products, and I will follow all safety guidelines related to Girl Scout product sales.

I will practice online "netiquette" (good manners) at all times when online.

- **I won't spam others.**
- **I will not bully nor will I tolerate bullying (and I will always tell a trusted adult if this is a problem).**
- **I won't use bad language.**

I will be guided by the Girl Scout Promise and Law in all that I do online.

Signed,

Girl Scout _____ Date

Parent/guardian _____ Date

The GSUSA Online Safety Pledge is based upon the Online Safety Pledge developed by the National Center for Missing and Exploited Children (www.missingkids.com).



Hayrides: Safety Activity Checkpoints



A traditional activity that's often part of autumn festivities and apple- or pumpkin-picking trips, hayrides are fun for girls of all ages. Before participating in a hayride, ensure that hayride equipment (tractor/truck, bales of hay) are secure, that vehicle weight limitations and seating capacities are not exceeded, and that paths and trails are free of obstructions. Also ensure that girls are responsible riders who stay seated during the hayride.

Know where to go on hayrides. The hayride takes place on private property at a maximum speed of 10 miles per hour. Public roads and highways are not used. Connect with your Girl Scout council for site suggestions.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations.

Hayride Gear

Required Gear

- Qualified driver who is licensed to drive a vehicle in the jurisdiction and is at least 21 years of age.
- The hauled vehicle in good working order and meets all state and local safety requirements and displays proper identification showing these conditions have been met. The hauled vehicle has protective sides and rear fencing or gates, as

well as rear lights in working order. Any coupling of a trailer to a vehicle is appropriate to the load and has a safety chain.

Recommended Gear

- Layered clothing appropriate for the weather
- Comfortable walking shoes
- Sunscreen (SPF 15 or higher) and lip balm
- Sunglasses

Prepare for the Hayride

- Communicate with council and parents.** See *the Introduction to Safety Activity Checkpoints*.
- Girls plan the activity.** See *the Introduction to Safety Activity Checkpoints*.
- Arrange for transportation and adult supervision.** See *the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- Compile key contacts.** See *the Introduction to Safety Activity Checkpoints*.
- Select a safe hayride location and provider*.** Inspect the site to be sure it is free of potential hazards, and make sure emergency medical care is accessible. Ensure that the hayride route is clear of debris and hazards that may cause a jolt or jarring ride for participants.
- Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment.
- Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of the Hayride

- Get a weather report.** On the morning of the hayride trip, check weather.com or other reliable weather sources to determine if conditions are appropriate, and make sure that the ground is free of ice. If severe weather conditions prevent the activity, be prepared with a backup plan or alternate activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with head between them.
- Use the buddy system.** See *the Introduction to Safety Activity Checkpoints*.
- Girls learn about and practice safe hayrides.** Girls do not ride in the hauling vehicle. The driver of the hauling vehicle is licensed to drive a vehicle in the jurisdiction and is at least 21 years of age. The hauled vehicle meets all state and local safety requirements and displays proper identification showing these conditions have been met. The hauled vehicle has protective sides and rear fencing or gates, as well as rear lights in working order. The hay or straw is properly stacked to prevent slipping. Sufficient seating space is allowed for each person. Girls and adults remain seated during the ride.

Hayride Links

- National Safety Council: www.nsc.org
- Integrating Safety into Agritourism: <http://www.safeagritourism.com/>
- Haunted House Association:
www.hauntedhouseassociation.org/safety/hayride_safety_and_common_sense.php

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**



Indoor Skydiving: Safety Activity Checkpoints



With your councils express permission, indoor skydiving is one of only two freefall activities not prohibited by Girl Scouts, primarily because it is a contained, low-impact activity that can be adjusted to the size and skill-level of the participants. Indoor skydiving takes place in a vertical wind tunnel (a wind tunnel that moves air in an upward column) to simulate the experience of skydiving without planes or parachutes. The force of the wind generated in the tunnel is based on the size (height and weight), skill-level and needs of the “skydiver.” The skydiver floats three to six feet above a trampoline-like net, so if the fan fails, the participant falls into the net and is caught. There are several facilities in the United States that operate vertical wind tunnels for recreation and training; only those facilities with indoor vertical wind tunnels are permitted for use by Girl Scouts. Indoor skydiving is not recommended for Girl Scout Daisies or Brownies.

Know where to “skydive.” Only indoor vertical wind tunnels are permitted. Be sure that the facility you plan to attend is indoors.

Include girls with disabilities. Communicate with girls and/or their caregivers to assess any needs and accommodations. Indoor Skydiving is not recommended for pregnant women and people with previous or recurring back, shoulder, or neck problems, and some facilities also have weight restrictions and requirements for participants. Note that

some facilities may prohibit people with any of the previously mentioned conditions from participating. Get specifics from the indoor skydiving facility you plan to attend.

Indoor Skydiving Gear

Required Gear (may be provided by the facility)

- Helmet (full-face or open-face)
- Goggles
- Elbow/Kneepads
- Earplugs
- Jumpsuit

Recommended Gear

- Comfortable clothes
- Tightly laced athletic shoes

Prepare for Indoor Skydiving

- Communicate with council and parents.** See the *Introduction to Safety Activity Checkpoints*.
- Girls plan the activity.** See the *Introduction to Safety Activity Checkpoints*.
- Arrange for transportation and adult supervision.** See the *Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- Verify instructor knowledge and experience.** Ensure that the instructor holds instructional certification from the [International Bodyflight Association](#), or has council-approved equivalent certification or documented experience and skill in teaching and/or supervising indoor skydiving. If you have questions about certification or instructor knowledge, contact either the International Bodyflight Association or [Skyventure](#) (a recognized vertical wind tunnel company) to ask about instructors at the facility you intend to use.
- Compile key contacts.** See the *Introduction to Safety Activity Checkpoints*.
- Size up gear*.** Ensure the appropriate sizes of helmets, jumpsuits, goggles, and elbow/kneepads are available, and make sure that helmets and goggles fit girls' faces securely and comfortably; make certain that girls with glasses or contacts have goggles that properly accommodate them.
- Safeguard valuables.** Don't leave personal belongings and valuables unattended in a public place. Most indoor skydiving facilities provide a locker area for personal belongings. Check with the facility ahead of time about cost and availability of the facility's storage amenities.
- Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment.
- Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of Indoor Skydiving

- ❑ **Girls learn how to skydive indoors.** All first-time participants will be given instruction in how to properly wear and adjust gear and how to float and move in the vertical wind tunnel. All legitimate centers provide instruction; it is up to the adult organizing this activity to ensure this is so.
- ❑ **Use the buddy system.** See *the Introduction to Safety Activity Checkpoints*. Keep in mind, however, the buddy system only applies to activity **outside** the wind tunnel, as only one participant at a time is allowed in the wind tunnel.

Indoor Skydiving Links

- International Bodyflight Association: www.tunnelflight.com
- Bodyflight Network: www.bodyflight.net
- Skyventure: www.skyventure.com

Indoor Skydiving Know-How for Girls

- **Fall with style.** There are several maneuvers skydivers can do while in the wind tunnel including flips, spins, and turns. First time skydivers will not likely perform or learn any of these maneuvers; depending on skill-level, the instructor, and council guidelines, girls with experience may learn and perform these maneuvers while in the wind tunnel.

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**



Indoor Trampoline Parks: Safety Activity Checkpoints



With your councils express permission, indoor trampoline parks are one of only two freefall activities not prohibited by Girl Scouts. An indoor trampoline park is an enclosed gymnasium-like space consisting of many connected trampolines used to turn an entire room into a massive trampoline. Indoor trampoline courts, because they are contained, low-impact, and adjustable to size and skill-level of participants, is one of two freefall activities not prohibited by Girl Scouts. Indoor Trampoline Parks have padded walls, soft (may be foam pits) landing areas and staff trained to watch for possible unsafe behavior. Indoor trampolining is not recommended for Daisy Girl Scouts.

Caution: Indoor trampoline parks may contain other activities that could require additional safety activity checkpoint reviews, or which are prohibited to Girl Scouts. Outdoor trampolines are **not** allowed under any circumstance. Personal gym mini-trampolines may be used as part of an exercise program (follow appropriate safety precautions).

Know where to “trampoline.” Only council-approved indoor trampoline parks are permitted. Be sure that the facility you plan to attend is approved by your council. Your council will be checking to ensure that the trampoline park meets the following safety standards:

- This trampoline facility meets or exceeds ASTM F2970 – 13 – *Standard Practice for Design, Manufacture, Installation, Operation, Maintenance, Inspection and Major Modifications of Trampoline Courts*.
- All trampoline courts are at floor level.
- Each trampoline court is surrounded by a wall enclosures and/or safety netting.
- Each trampoline bed has a second backup safety trampoline beneath it in the unlikely event the trampoline bed should fail – in accordance with ASTM standards.
- The steel and springs between the trampoline beds is covered by a minimum of 2 inches of gymnastics grade padding.
- Each trampoline court must be staffed by employee “monitors”, to monitor the safety of the participants and to insure participants are following the safety guidelines.
- There should be one “court monitor”, for every 32 kids.
- Monitors have onboarding training as well as ongoing training.
- There should be clearly posted rules that prohibit roughhousing, double-bouncing (when two kids land close to each other at the same time) or clothing that could be dangerous, such as belt buckles and studs, and loose objects like key chains. If these rules aren’t being enforced, leave.
- The trampoline facility has a system in place to handle participants if they are not following the safety guidelines.
- Trampolines shouldn’t be crowded. They should be divided into clearly marked 6-foot-by-10-foot areas. Only one person at a time should be allowed to bounce in each area.
- Little kids should not be jumping with bigger ones. They should be separated by height and weight.
- All participants, even returning participants, must review the safety guidelines **before** participating in any activities on the trampolines. These safety guidelines are reviewed via video or in person at the facility.
- Participants are required to wear appropriate clothing, including footwear.
- For facilities with foam pits: Foam pits are cleaned weekly – foam squares are removed, disinfected, and returned to the pit. Damaged foam squares are replaced.

Include girls with disabilities. Communicate with girls and/or their caregivers to assess any needs and accommodations. Indoor trampoline parks are not recommended for pregnant women and people with previous or recurring back, shoulder, or neck problems, and some facilities also have weight restrictions and requirements for participants. Note that some facilities may prohibit people with any of the previously mentioned conditions from participating. Get specifics from the indoor trampoline facility you plan to attend.

Indoor Trampoline Gear

Recommended Gear

- Comfortable clothes

- Appropriate footwear (as required by the facility)

Prepare for Indoor Trampolining

- Communicate with council and parents.** See the *Introduction to Safety Activity Checkpoints*.
- Girls plan the activity.** See the *Introduction to Safety Activity Checkpoints*.
- Arrange for transportation and adult supervision.** See the *Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- Verify instructor knowledge and experience.** Ensure that the trampoline court is staffed by employee “monitors” to monitor the safety of participants and ensure that participants are following safety guidelines. Staff should receive safety and emergency preparedness training on an annual basis.
- Compile key contacts.** See the *Introduction to Safety Activity Checkpoints*.
- Size up gear.** Make certain that girls with glasses or contacts have goggles that properly accommodate them.
- Safeguard valuables.** Don’t leave personal belongings and valuables unattended in a public place. Most indoor trampoline parks provide a locker area for personal belongings. Check with the facility ahead of time about cost and availability of the facility’s storage amenities.
- Dress appropriately for the activity.** Make sure girls and adults are not wearing jewelry, excessive clothing or hats.
- Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services ensure the presence of a first-aider with Wilderness First Aid. See Volunteer Essentials for information about first-aid standards and training.

On the Day of Trampolining

- Girls learn how to trampoline safely.** All participants (including returners) will be given instruction in safety and jumping rules. All legitimate centers provide instruction; it is up to the adult organizing this activity to ensure this is so.
- Safety rules include*:**
 - You may not have anything in your mouth (gum, candy, etc.) on the court.
 - Empty your pockets entirely.
 - Do not sit or lie on the court. If you are tired and need to rest, you must exit the court.
 - No pushing, tackling, running, racing or horseplay of any kind.
 - Do not touch or hang on to any of the top pads on the court.
 - No double bouncing.
 - Single flips are permitted. No double flips, and do not flip over the pads.
 - No more than two flips in a row.
 - Flips and other tricks can be dangerous ... perform at your own risk.
 - You can bounce and flip off the sidewalls, but you must land on the first trampoline next to the wall you bounced off of. You must be in control of your body at all times.
 - Do not attempt anything outside of your personal limitations or abilities.
 - Jumpers are separated by size as best as possible. Be aware of those around you and jump with people that are of similar size.

- **Use the buddy system.** *See the Introduction to Safety Activity Checkpoints.* Keep in mind, however, the buddy system only applies to activity **outside** the trampolines, as only one participant at a time is allowed on a trampoline.

Indoor Trampoline Links

- International Association of Trampoline Parks:
<http://www.indoortrampolineparks.org/assets/docs/iatp%20press%20release%203.3.15.pdf>

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**



Parades and Other Large Group Gatherings: Safety Activity Checkpoints



Whether you're participating in a parade or planning a Girl Scout event, series, or other large group gathering, it's important to represent Girl Scouts in the best possible way and encourage girls to plan the festivities.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations.

Gear for Parades and Other Large Group Gatherings

Required Gear

- Girl Scout uniform, pin, or some other means of group identification
- Comfortable walking shoes

Recommended Gear

- Sunscreen (SPF of at least 15) and lipbalm
- Sunglasses

- Reusable water bottle and water for filling bottles

Prepare for the Parade and Other Large Group Gathering

- Communicate with council and parents.** See *the Introduction to Safety Activity Checkpoints*.
- Girls plan the activity.** See *the Introduction to Safety Activity Checkpoints*.
- Arrange for transportation and adult supervision.** See *the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- Compile key contacts.** See *the Introduction to Safety Activity Checkpoints*.
- Consider the appropriateness of the activity or event.** When planning parades or large group gatherings consider the following:
 - The needs, interests and readiness of the girls
 - The sponsor of the event or activity
 - The needs of the community to be served
 - Scheduling issues
 - GSUSA and council guidelines on fund-raising, endorsements, collaborating with other organizations and maintaining nonprofit status.
- Respect parade and large-group gathering standards*.** Local regulations and permit procedures are observed for public gatherings, facility use, food handling, certificates of insurance and sales or excise tax. Guidelines for personal protection are observed. Local authorities are contacted for safety and security suggestions and assistance applicable to the parade or event. For safety reasons, name tags or other personal identification are not worn in public places. GSUSA and council guidelines on publicity, photo releases, and interviews are observed.
- Select a safe location*.** The location for any community event, large group gathering, or parade is inspected in advance, with consideration for the following, as appropriate:
 - Accessibility to the group and to the public
 - Suitability to event size, age groups, and kinds of activities
 - Parking availability
 - Availability of restrooms
 - Security arrangements, including availability of police protection
 - Lighting for evening and indoor events
 - Vulnerability to inclement weather
 - Proximity to medical facilities
 - Fire safety, which includes: not exceeding the occupancy limits for indoor activities or events; sufficient emergency exits, which are well marked and operational; and having an emergency evacuation plan in place.
 - A food-preparation area used for large groups of people meets state and local standards, and includes sufficient potable water and restrooms for participants.
 - Provisions are made for garbage removal and site cleanup.
- Make appropriate plans for parade floats*.** Floats drawn by trucks and automobiles must be covered by automobile insurance in the name of the vehicle owners. Float construction is safe, using non-toxic or flame retardant materials, and secured to the body of the float and the vehicle. Floats are equipped with

portable ABC fire extinguishers. Riders on floats have secure seating, or a secure handhold or safety harness if standing. Floats are not overcrowded. Participants do not walk close to moving floats. An adult accompanies girls on any moving float. Any coupling of a trailer to a vehicle is appropriate to the load and has a safety chain. Nothing is distributed to onlookers from a moving vehicle or a float.

- **Prepare for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of the Parade or Other Large Group Gathering

- **Get a weather report.** On the morning of the activity, check weather.com or other reliable weather sources to determine if conditions are appropriate, and make sure that the ground is free of ice. If severe weather conditions prevent the activity, be prepared with a backup plan or alternate activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with head between them.
- **Use the buddy system.** See *the Introduction to Safety Activity Checkpoints*.
- **Take safety precautions.** Instruction is given on safe pedestrian practices, when applicable. Adults know girls' location at all times. Advance arrangements are made for picking up the girls after the event and parents and girls understand the arrangements. Adults and girls pick a place to meet in case of separation from the supervising adult or the group.

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**



Playgrounds: Safety Activity Checkpoints



Playing is just as much a fun activity for kids as it is a critically important part of their creative and social development. [KaBOOM!](#) is a nonprofit organization whose mission is to ensure there's a "great place to play within walking distance of every child in America." With the help of sponsors and adults, the organization has developed hundreds of playgrounds in underprivileged areas.

Safety is an important part of having fun on the playground. Each year in the United States, more than 200,000 children are treated in hospital emergency departments for injuries sustained on playground equipment. Injuries can be reduced by placing resilient surfacing below equipment, better maintaining equipment, improving supervision and using age-appropriate equipment.

Know where to play. The U.S. Consumer Product Safety Commission provides a **Public Playground Safety Checklist** that aids with selecting a safe playground. Connect with your Girl Scout council for site suggestions.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that [Accessible Playgrounds](#) provides to people with disabilities.

Playground Gear

Recommended Gear

- Clothing appropriate for the weather
- Sunscreen (SPF of at least 15) and lip balm
- Sunglasses
- Portable drinking water
- Tissues and hand wipes

Prepare for Playground Activity

- Communicate with council and parents.** See *the Introduction to Safety Activity Checkpoints*.
- Girls plan the activity.** See *the Introduction to Safety Activity Checkpoints*.
- Arrange for transportation and adult supervision.** See *the Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- Compile key contacts.** See *the Introduction to Safety Activity Checkpoints*.
- Select a safe playground.** Inspect the site to be sure it is free of potential hazards, including rocks, roots and ground protrusions, and ensure emergency medical care is accessible. Physical activities are separate from more passive or quiet activities, and areas for play equipment, open fields and sandboxes are in different sections of the playground. Equipment and activity areas are without visual barriers, with clear sightlines everywhere on the playground to facilitate supervision. Traffic patterns are clearly separate for individual pieces of equipment. Moving equipment, such as swings or merry-go-rounds, is located toward a corner of the playground.
- Ensure that playground equipment is safe.** Equipment is anchored so that it does not tip, slide, or move in an unintended manner. All wood parts are smooth and free of splinters. Wet or damaged equipment is not used. All metal edges are rolled or have rounded capping. There are no sharp points, corners, or edges on any components of playground equipment. There are no accessible pinch, crush, or tearing points on individual pieces of equipment. Protrusions or projections of playground equipment cannot entangle girls' clothing.
- Assess safety of playground surface.** Hard-surfaced materials, such as asphalt or concrete, are unsuitable under and around playground equipment of any height, unless they serve as a base for shock-absorbing materials, such as a rubber mat. Acceptable playground surfacing materials are rubberlike materials, sand, gravel and shredded wood products.
- Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Clothing is snug-fitting or tucked in to avoid snagging or tangling in any of the playground equipment. Wearing clothing with drawstrings on a hood or around the neck is not permitted.
- Be prepared for emergencies.** Ensure the presence of a first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle cases of abrasions, sprains, and fractures. Emergency transportation is available; if any part of the activity is located 30 minutes or more from emergency medical services, ensure the presence of a first-aider with Wilderness First Aid. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of the Playground Activity

- **Get a weather report.** On the morning of the playground activity, check weather.com or other reliable weather sources to determine if conditions are appropriate, and make sure that the ground is free of ice. If severe weather conditions prevent the activity, be prepared with a backup plan or alternate activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with head between them.
- **Use the buddy system.** See *the Introduction to Safety Activity Checkpoints*.
- **Girls learn about and practice safe playground activities.** Adults teach girls to use equipment properly, safely and as intended. Girls should not run, push, or shove on the playground. Girls should not stand close to a moving swing or other moving apparatus. Girls wait their turns to use equipment such as slides. Girls must not tease or play with neighborhood pets.
- **Keep track of girls' whereabouts.** Conduct a head count before and after playground activities. Ensure that girls know where to go and how to act when confronted by strangers or intruders and are able to sound an agreed-upon alarm.

Playgrounds Link

- Safe Kids: <http://www.usa.safekids.org>

Playground Know-How for Girls

- **Create your own games.** You've probably played capture the flag, hide-and-seek, and four square (www.squarefour.org/rules). What games can you create as a group?
- **Play it safe on the playground.** The [Children's Hospital of Pittsburgh](http://www.childrenshospital.org) provides a playground safety checklist and a cartoon that covers important items such as keeping shoes tied and holding onto ladder rails.



STEM (Science, Technology, Engineering, and Math): Safety Activity Checkpoints



Women have made incredible contributions to the STEM community and have, as a result, advanced culture and improved modern ways of life. Unfortunately, women are underrepresented in these fields, especially technology and engineering. A number of organizations work to encourage girls to enter the sciences and to connect girls with mentorship and education in the sciences (see the “STEM Links” section for resources). To encourage girls’ interest in STEM, it’s important to engage them in hands-on activities that provide ties to real-world applications. Activities should allow girls to explore the vast array of career opportunities available to them. Before working with girls, make sure you fully understand the STEM activity and make note of any additional safety precautions provided in the activity directions.

Include girls with disabilities. Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Learn more about the resources and information that [Foundation for Science and Disability](#) provides to people with disabilities. [Do It](#) provides resources for teachers to make STEM activities accessible to girls with disabilities.

Prepare for the STEM Activity

- ❑ **Communicate with council and parents.** See the *Introduction to Safety Activity Checkpoints*.
- ❑ **Girls plan the activity.** See the *Introduction to Safety Activity Checkpoints*.
- ❑ **Arrange for transportation and adult supervision.** See the *Introduction to Safety Activity Checkpoints for the recommended adult-to-girl ratios*.
- ❑ **Prepare for informative learning experiences.** Research STEM activity and encourage girls to take active roles in preparing educational and safety aspects. If using chemicals, prior to the activity, adults and instructors should be familiar with safety procedures and possible side effects of contact with the chemical as listed on the chemicals' corresponding [Material Safety Data Sheet](#).
- ❑ **Select a safe location***. Inspect the site to be sure:
 - It is free of potential hazards
 - Contains well-ventilated areas when using vaporous materials such as chemicals.
 - Flammable materials are kept in fireproof containers and in an area away from ignition sources.
 - Food or beverages are not consumed in an activity area, and hands are washed before eating.
- ❑ **Ensure safety of equipment and materials***. The work area should be ample and appropriate for the science activity. When working with any chemical, plant, or animal, the following are observed:
 - Hands do not touch the mouth or face during the activity.
 - Facilities for washing hands and eyes are available at the site.
 - Hands are washed thoroughly after the activity.
 - Equipment is thoroughly cleaned.
 - Used materials are disposed of properly.
 - Chemical substances are used or mixed only when the adult in charge specifically knows the outcome.
 - When chemicals are used, goggles stamped ANSI Z87 on the frame and lens must be worn. Even the simplest experiment can be an eye hazard.
- ❑ **Ensure use of gloves when necessary.** Non-latex gloves made of nitrile or neoprene are worn when working with chemicals and unknown plants and substances. Vinyl gloves generally do not provide appropriate protection. The [American Chemical Society](#) provides additional information about chemical safety.
- ❑ **Compile key contacts.** See the *Introduction to Safety Activity Checkpoints*.
- ❑ **Dress appropriately for the activity.** Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment.
- ❑ **Be prepared in the case of an emergency.** Ensure the presence of a waterproof first-aid kit and a first-aider with a current certificate in First Aid, including Adult and Child CPR or CPR/AED, who is prepared to handle burns. Emergency procedures are clearly posted for swallowing a chemical, getting a chemical in the eyes, skin contact with a chemical, and so on. See *Volunteer Essentials* for information about first-aid standards and training.

On the Day of the STEM Activity

- ❑ **Get a weather report.** If the activity is outdoors, on the morning of the science activity, check [weather.com](#) or other reliable weather sources to determine if conditions are appropriate, and make sure that the ground is free of ice. If severe

- weather conditions prevent the activity, be prepared with a backup plan or alternate activity, or postpone the activity. Write, review, and practice evacuation and emergency plans for severe weather with girls. In the event of a storm, take shelter away from tall objects (including trees, buildings, and electrical poles). Find the lowest point in an open flat area. Squat low to the ground on the balls of the feet, and place hands on knees with head between them.
- **Use the buddy system.** See the Introduction to Safety Activity Checkpoints.
 - **Communicate with girls about STEM safety.** Before beginning a STEM activity, talk with girls about safety and point out potential dangers and appropriate safety precautions to take.
 - **Take care with animals*.** Whenever animals or objects they use—such as food bowls, water dishes, or toys—are handled, hands must be thoroughly washed with soap under running water. Iguanas, turtles and other reptiles, as well as pet ducklings and chicks, can harbor salmonella bacteria, which can be passed on to humans. Contact with these animals should be avoided. Activities with animals are carried out with sensitivity and concern for the needs of the animals. Aquariums and terrariums are kept in areas where proper care, temperature regulation and maintenance are always possible. Girls are aware of the proper care, feeding, and maintenance of animals and take responsibility for meeting these needs.

STEM Links

- FIRST (For Inspiration and Recognition of Science and Technology): www.usfirst.org
- NASA: www.nasa.gov
- Society of Women Engineers: <http://societyofwomenengineers.swe.org/>
- Women in Science: www.womeninscience.org

STEM Know-How for Girls

- **Learn about careers in the sciences.** Aerospace engineer, meteorologist, cryptographer—these are just some of the jobs in science, technology, engineering, and technology. Learn more about additional career options at [Engineer Your Life](#).
- **Pick cool STEM projects.** What do you want to learn about in science, technology, engineering, and math? Visit Girl Scout partner site pbskids.org to watch shows such as *Curious George*, *FETCH!*, *Design Squad*, *Cyberchase*, and *SciGirls*.

***These checkpoints must be reviewed with the vendor and/or facility, when appropriate.**