

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval information	Required Instructor Certifications Specific instructor-to-girl ratios Other notes
Amusement Parks	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	
Animal Interaction and Adventure	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	
Arts and Crafts (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	
Backpacking			J	C	S	A	GSKH <u>does</u> require approval via <i>Travel Application</i> .	Training Required for Troop Leader(s): <ul style="list-style-type: none"> · Outdoor Leadership level 401, OR · Outdoor Leadership 201 PLUS documented experience, OR · Outdoor Leadership 201 PLUS trained guide from a reputable program partner
Bicycling	D	B	J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via <i>Travel Application</i> .	
Camping	D	B	J	C	S	A	GSKH <u>does</u> require approval via <i>Travel Application</i> .	Training Required for Troop Leader(s): <ul style="list-style-type: none"> · Outdoor Leadership 101 (for GSKH-owned property) · Outdoor Leadership 201 (for non-GSKH-owned property) <p>GSKH maintains a partnership with Kansas Department of Wildlife, Parks, and Tourism to provide free camping reservations to troops who utilize state parks. Indicate usage on your <i>Travel Application</i> so that GSKH may complete your reservation.</p>
Climbing and Adventure								
Challenge Courses	*D	*B	J	C	S	A	Required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: Association for Challenge Course Technology (ACCT) or Professional Ropes Course Association (PRCA) - for both instructor and course *Daisies and Brownies may participate only in activities that have been designed for their grade levels and that have equipment that suit the size and ability of each girl. Outdoor high ropes, and high elements are only permitted for Juniors and older.

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Climbing and Rappelling	*D	*B	J	C	S	A	Required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: Association for Challenge Course Technology (ACCT) or Professional Ropes Course Association (PRCA) - for both instructor and course *Daisies and Brownies may participate only in activities that have been designed for their grade levels and that have equipment that suit the size and ability of each girl. Outdoor high ropes, and high elements are only permitted for Juniors and older.
Recreational Tree Climbing			J	C	S	A	Required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: documented experience in leading and teaching tree climbing
Zip-Lining		*B	J	C	S	A	Required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: Association for Challenge Course Technology (ACCT) or Professional Ropes Course Association (PRCA) - for both instructor and course *Not permitted for Daisies, except for playground zip-lines. *Canopy tours are not permitted for Daisies or Brownies.
Computer and Internet Use	D	B	J	C	S	A	Not required	All girls, as well as their parents/guardians, must read, agree to, and abide by the Girl Scout Internet Safety Pledge when going online.
Cookie and Product Sales	D	B	J	C	S	A	Not required Troop Manager Agreement and Parent Permission slip are required prior to troop and girl participation.	Adults must accompany Daisies, Brownies, and Juniors when they are selling, taking orders, and delivering.
Cross-Country Skiing		B	J	C	S	A	GSKH does <u>not</u> require approval for day trips. If overnight trip, GSKH does require approval via <i>Travel Application</i> .	

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Downhill Skiing and Snowboarding	D	B	J	C	S	A	GSKH does <u>not</u> require approval for day trips. If overnight trip, GSKH <u>does</u> require approval via <i>Travel Application</i> .	Certification Required: Professional Ski Instructors of America (PSIA) or the American Association of Snowboard Instructors (AASI)
Fencing	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	Certification Required: USA Fencing Association or US Fencing Coached Association Ratio: one instructor for every ten girls in addition to standard adult-to-girl ratio
Fishing and Ice Fishing	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	Certification Required: Basic Water Rescue (requirement varies by location, see SAC) Lifejacket requirement varies by location, see SAC. Ratio: one instructor for every ten girls (except for Daisies which is one-to-six)
Geocaching	*D	B	J	C	S	A	Not required	*Daisies are permitted when working with older girls and adults as part of another outdoor activity.
Go-Karts			*J	C	S	A	GSKH does <u>not</u> require approval.	Go-karts that are privately owned or used for racing are not permitted; Checkpoint applies to "concession" or amusement park go-karts only. *Juniors can't operate self-driving go-karts, and must participate in activities on a rail system.
Hayrides	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	Qualified driver who is licensed to drive a vehicle in the jurisdiction, is at least 21 years of age, and has experience hauling the trailer and driving the vehicle being used.
Hiking	D	B	J	C	S	A	GSKH does <u>not</u> require approval for day trips. If overnight trip, GSKH <u>does</u> require approval via <i>Travel Application</i> .	Training Required for Troop Leader(s): Outdoor Leadership 100 (available online)

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Horseback Riding	D	B	J	C	S	A	May be required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: Certified Horsemanship Association or American Association for Horsemanship Safety, or documented proof of a minimum of three years' experience successfully instructing in a general horseback riding program.
Ice Skating (See Miscellaneous SAC)	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	
Indoor Skydiving			J	C	S	A	May be required If using GSKH-approved Program on Demand partner, additional approval is not required.	Certification Required: International Bodyflight Association
Indoor Trampoline		B	J	C	S	A	May be required If using GSKH-approved Program on Demand partner, additional approval is not required.	
In-Line Skating and Roller Skating (See Miscellaneous SAC)	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	
Inflatables								
Aquatic Bounce Houses and Slides		B	J	C	S	A	GSKH does <u>not</u> require approval.	

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Aquatic Climbing Walls			J	C	S	A	GSKH does <u>not</u> require approval.	Aquatic climbing walls are <u>not</u> permitted for Daisies and Brownies. Juniors and above may participate in aquatic climbing walls as long as they are strong swimmers and can swim in water deeper than five feet.
Bounce Houses	*D	B	J	C	S	A	GSKH does <u>not</u> require approval.	*Daisies can only participate in bounce houses that are specific for their age, height, and/or weight.
Bubble Soccer			J	C	S	A	GSKH does <u>not</u> require approval.	
Land Sports (See Miscellaneous SAC)	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	Ensure that adults are well versed in rules and aware of safety concerns for the designated sport.
Laser Tag (See Miscellaneous SAC)	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	
Offshore Water/Large Passenger Vessels	D	B	J	C	S	A	Required	Vessels (ferries, cruise ships, whale-watching watercraft, and airboats) must be licensed by the U.S. Coast Guard.
Orienteering			J	C	S	A	GSKH does <u>not</u> require approval.	Orienteering is <u>not</u> recommended for Girl Scout Daisies and Brownies, but they may be ready to learn pre-orienteering activities such as map reading, navigation and map-drawing.
Outdoor Cooking	D	B	J	C	S	A	Not required after completion of training	Training Required for Troop Leader(s): · Outdoor Leadership 101 or higher (includes BBQ, campfire, and s'mores)

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Paddle Sports								
Canoeing	*D	B	J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: American Canoe Association (ACA) or American Red Cross (ARC) Small Craft Safety - training level varies by activity and water conditions; see SAC *Not recommended for Daisies except with an experienced adult in each canoe on flat water.
Corcl Boats		B	J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: American Red Cross (ARC) Lifeguard with Waterfront module or ARC Small Craft Safety
Kayaking		B	J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: American Canoe Association (ACA) or American Red Cross (ARC) Small Craft Safety - training level varies by activity and water conditions; see SAC *Not recommended for Daisies except with an experienced adult in each kayak on flat water.
Row Boating	*D	B	J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: American Canoe Association (ACA) or American Red Cross (ARC) Small Craft Safety - training level varies by activity and water conditions; see SAC *Not recommended for Daisies except with an experienced adult in each rowboat on flat water.
Standup Paddle Boarding			J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: American Red Cross (ARC) Lifeguard with Waterfront module or ARC Small Craft Safety
Whitewater Rafting		*B	**J	C	S	A	Required	Certification Required: American Canoe Association (ACA) or International Rafting Federations (IRF) Guide - training level varies by activity and water conditions; see SAC *Brownies (Class I-II rapids only), **Juniors (Class I-III rapids only), Cadettes, Seniors, and Ambassadors (Class I-IV rapids only). No Girl Scout is permitted on Class V or VI rapids.

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Parades (See Hayrides SAC)	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	Qualified driver who is licensed to drive a vehicle in the jurisdiction, is at least 21 years of age, and has experience hauling the trailer and driving the vehicle being used.
Sailing			J	C	S	A	Not required If overnight trip, GSKH <u>does</u> require approval via Travel Application.	Certification Required: US Sailing or American Red Cross (ARC) Small Craft Safety Certification
Scuba Diving				C	S	A	Required	Certification Required: Scuba Schools International (SSI), Professional Association of Diving Instructors (PADI), the National Association of Underwater Instructors (NAUI), or the YMCA. Ratio: one instructor to four girls, in addition to standard adult-to-girl ratios.
Segway (See Miscellaneous SAC)				C	S	A	GSKH does <u>not</u> require approval.	Vendor must be licensed and carry insurance. Segways are only allowed to be used in a pedestrian environment, not on public roads.
Skateboarding (See Miscellaneous SAC)		B	J	C	S	A	GSKH does <u>not</u> require approval.	Skate parks should only be used by non-beginner skaters.
Sledding, Tobogganing, and Snow Tubing	D	B	J	C	S	A	Not required	Girls must go feet-first and helmets are strongly recommended. Girls are not permitted to be towed behind any vehicle, including snowmobiles.
Snorkeling			J	C	S	A	Required	Certification Required: Scuba Schools International (SSI) or the Professional Association of Diving Instructors (PADI) If the scuba instructor is not also a certified lifeguard, you will need a lifeguard present per Swimming SAC requirements and ratios.
Snowshoeing	D	B	J	C	S	A	GSKH does <u>not</u> require approval for day trips. If overnight trip, GSKH <u>does</u> require approval via <i>Travel Application</i> .	Certification Required: documented experience
Spelunking/Caving			J	C	S	A	Required	Certification Required: documented experience

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STEM (See Miscellaneous SAC)	D	B	J	C	S	A	Not required	
Surfing			J	C	S	A	Required	<p>Certification Required: National Surf Schools and Instructors Association or the International Surfing Association</p> <p>Ocean lifeguard certifications are required per Swimming SAC requirements and ratios.</p> <p>Ratio: one instructor for four girls, in addition to Swimming SAC ratios and standard adult-to-girl ratios.</p>
Swimming	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	<p>Certification Required: American Red Cross (ARC) Lifeguard or YMCA Lifeguard or equivalent</p> <p>Ratios: 1 lifeguard to 25 swimmers PLUS 1 watcher to 10 swimmers (see ratio chart in SAC), in addition to standard adult-to-girl ratios</p>
Target Sports								
3-D Archery			J	C	S	A	Required	<p>Certification Required: National Field Archery Association, USA Archery, or Easton Foundation.</p> <p>Ratio: One instructor to ten girls in addition to standard adult-to-girl ratios.</p>
Air/BB Guns		B	J	C	S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to five Brownies or one instructor to every ten Juniors, Cadettes, Seniors, and Ambassadors in addition to standard adult-to-girl ratios.</p>

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Archery		B	J	C	S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to five Brownies or one instructor to every ten Juniors, Cadettes, Seniors, and Ambassadors in addition to standard adult-to-girl ratios.</p>
Knife Throwing				C	S	A	Required	<p>Certification Required: documented experience.</p> <p>Ratio: one instructor to two Cadettes, Seniors, and Ambassadors in addition to standard adult-to-girl ratios.</p>
Muzzle Loading				*C	S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to every two Cadettes, Seniors, and Ambassadors is required in addition to standard adult-to-girl ratios.</p> <p>*Girls must be 12 years or older to participate.</p>
Pistol					*S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to every four Cadettes, Seniors, and Ambassadors is required in addition to standard adult-to-girl ratios.</p> <p>*Girls must be 14 years or older to participate.</p>

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Rifle				*C	S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to every eight Cadettes, Seniors, and Ambassadors is required in addition to standard adult-to-girl ratios.</p> <p>*Girls must be 12 years or older to participate.</p>
Shotgun—Trap/Skeet Shooting				*C	S	A	Required	<p>Certification Required: National Rifle Association range safety officer or USA Shooting Sports instructor.</p> <p>Ratio: one instructor to every eight Cadettes, Seniors, and Ambassadors is required in addition to standard adult-to-girl ratios.</p> <p>*Girls must be 12 years or older to participate.</p>
Slingshot	D	B	J	C	S	A	GSKH does <u>not</u> require approval.	<p>Certification Required: documented experience.</p> <p>Ratio: one instructor to every five Daisies and Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors in addition to standard adult-to-girl ratios.</p>
Target Paintball		B	J	C	S	A	GSKH does <u>not</u> require approval.	<p>Certification Required: documented experience.</p> <p>Ratio: one instructor to every five Daisies and Brownies and one adult to every ten Juniors, Cadettes, Seniors, and Ambassadors in addition to standard adult-to-girl ratios.</p>
Tomahawk/Hatchet Throwing				C	S	A	Required	<p>One adult instructor trained in hatchet/ax throwing safety, form and technique, range rules, and emergency procedures. In addition, one adult to every two Cadettes, Seniors, and Ambassadors is required.</p>

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Tethered Balloon Rides			J	C	S	A	Required	Ensure operators have liability insurance and are licensed through the Federal Aviation Administration. Pilots must be currently licensed.
Travel/Trips	D	B	J	C	S	A	GSKH does require approval via <i>Travel Application</i> .	See SAC for grade-level trip and travel length recommendations. <i>Specified itinerary required so that all related SAC may be verified.</i>
Tubing			J	C	S	A	Required	<p>Certification Required: American Red Cross (ARC) Small Craft Safety PLUS Moving Water module PLUS experience teaching and/or supervising tubing activities. Lifeguard(s) must also be present per Swimming SAC.</p> <p>If tubing behind a motorboat, confirm that the boat driver is an adult, has an appropriate license, and is skilled in operating the watercraft. Girls are not permitted to be towed by jet skis or wave runners.</p> <p>Ratio: Follow the lifeguard certification requirements and ratios listed in the Swimming SAC.</p>
Waterskiing and Wakeboarding			J	C	S	A	Required	<p>Certification Required: USA Water Ski or equivalent. Lifeguards must also be present per Swimming SAC.</p> <p>Confirm that the boat driver is an adult, has an appropriate license, and is skilled in operating the watercraft.</p> <p>Ratio: Follow the lifeguard certification requirements and ratios listed in the Swimming SAC.</p>

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Windsurfing/Sail Boarding			J	C	S	A	Required	Certification Required: American Red Cross (ARC) Small Craft Safety. Lifeguards must also be present per Swimming SAC. Ratio: Follow the lifeguard certification requirements and ratios listed in the Swimming SAC