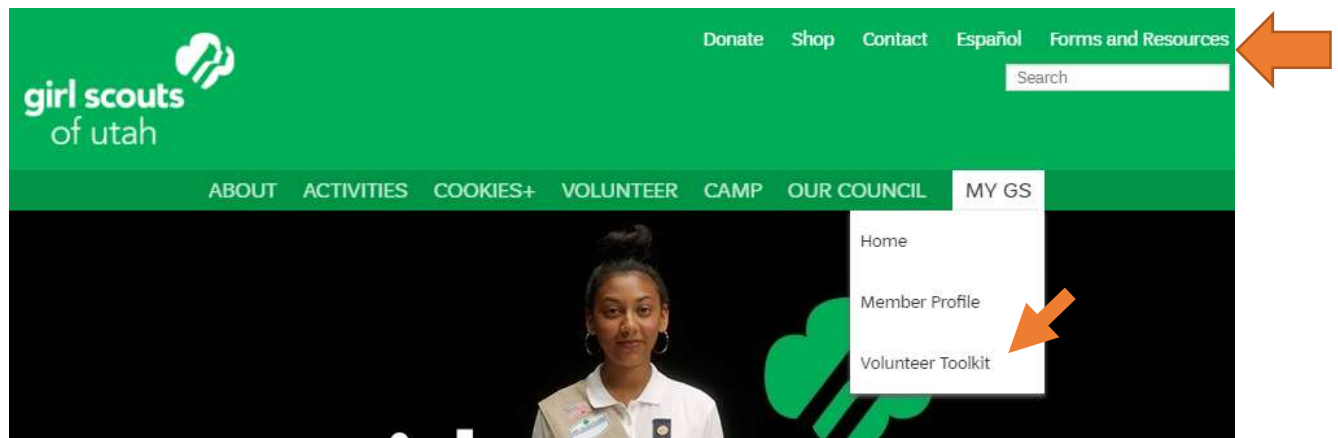


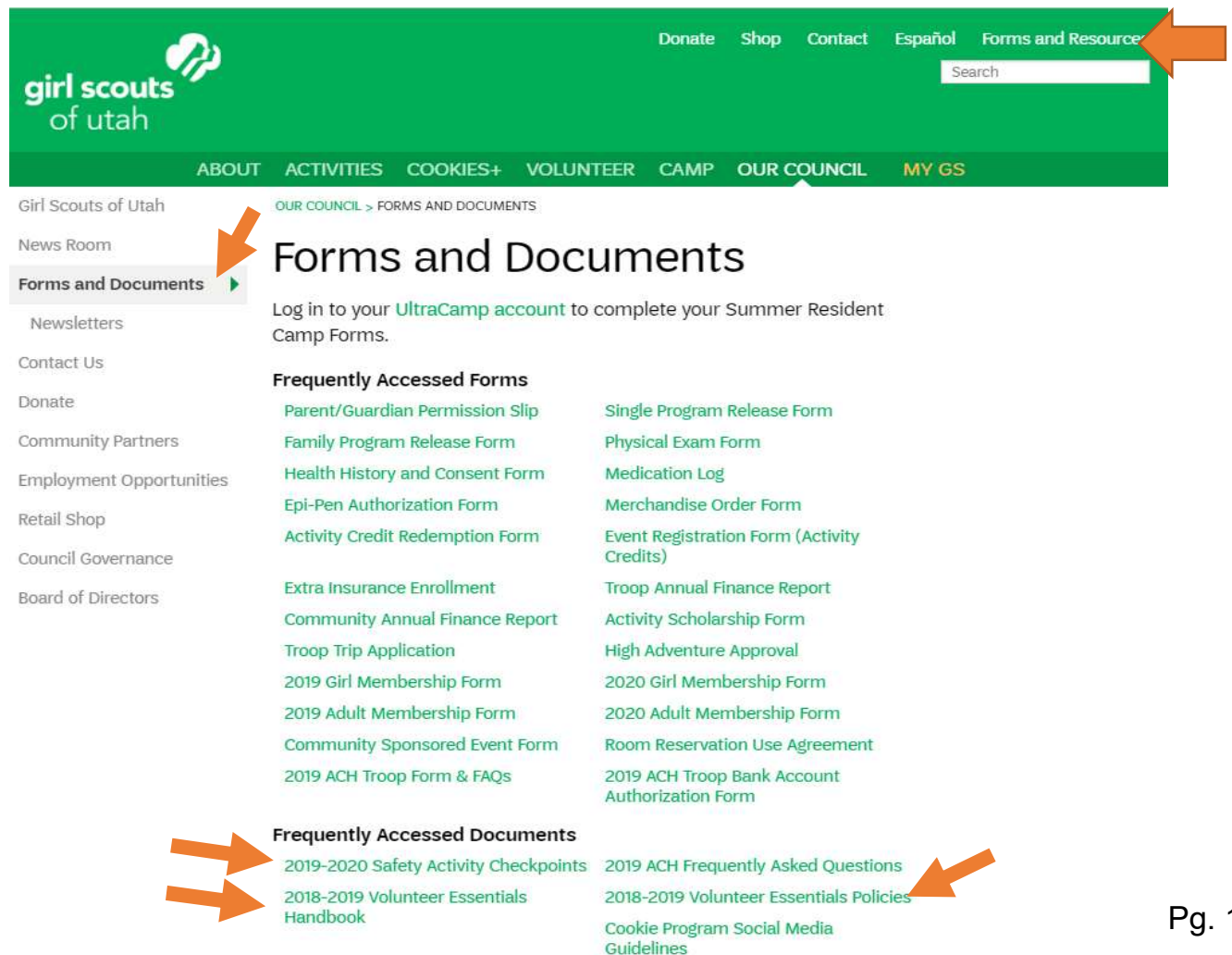
# Practice Makes Perfect: Girl Scouts Refresher

Questions? Contact Customer Care at [info@gsutah.org](mailto:info@gsutah.org) or 801-265-8472

## Volunteer Toolkit:



## Volunteer Essentials and Safety Activity Checkpoints:





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## Safety Activity Checkpoints:

Activities at a Glance	Daisies	Brownies	Juniors	Cadettes	Seniors	Ambassadors	Council Approval Required	Required Instructor Certifications; Experience; Verification
<a href="#">Amusement Parks</a>	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the introduction.
<a href="#">Animal Interaction and Adventure</a>	D	B	J	C	S	A	Not Required	Follow the adult-to-girl ratios listed in the introduction.
<a href="#">Backpacking</a>	*	*	J	C	S	A	Required	Backpacking is not recommended for Daisies and Brownies, due to weight restrictions on their small frames, and the need when backpacking to be able to carry all their supplies needed to camp. *(FOR DAISIES AND BROWNIES-REFER TO HIKING)

## Understanding Which Activities Are Not Permitted

GSUSA does not approve, endorse, or provide safety checkpoints for “not permitted” activities.

The following activities are in the **not permitted** category:

- Bungee jumping
- Flying in privately owned planes, helicopters, or blimps
- Hang gliding
- Untethered Hot-air ballooning
- Hunting
- Snowmobiling
- Riding a motorbike
- Riding electric scooters
- Using outdoor trampolines
- Parachuting or skydiving
- Parasailing
- Paintball tagging
- Riding all-terrain vehicles (ATVs)
- Stunt skiing
- Zorbing

## Girl to Adult Ratios:

	Group Meetings		Events, Travel, and Camping	
	<i>Two</i> unrelated volunteers (at least one of whom is female) for up to this number of girls:	<i>One</i> additional volunteer to each additional:	<i>Two</i> unrelated volunteers (at least one of whom is female) for up to this number of girls:	<i>One</i> additional volunteer to each additional:
<b>Girl Scout Daisies (grades K–1)</b>	12	1–6	6	1–4
<b>Girl Scout Brownies (grades 2–3)</b>	20	1–8	12	1–6
<b>Girl Scout Juniors (grades 4–5)</b>	25	1–10	16	1–8
<b>Girl Scout Cadettes (grades 6–8)</b>	25	1–12	20	1–10
<b>Girl Scout Seniors (grades 9–10)</b>	30	1–15	24	1–12
<b>Girl Scout Ambassadors (grades 11–12)</b>	30	1–15	24	1–12

A First Aider is needed anytime a troop goes outside their regular meeting time or place.



A screenshot of the Girl Scouts of Utah website. The top navigation bar is green with white text. On the left, the logo "girl scouts of utah" is displayed, with "girl scouts" in a larger font and "of utah" below it, accompanied by the Girl Scouts emblem. On the right, a list of links is provided: "Español", "Give", "Shop", "Contact", "Forms and Resources", and a search bar with the placeholder text "Search". Below the navigation bar, a horizontal menu lists: "ABOUT GIRL SCOUTS", "ACTIVITIES", "COOKIES", "VOLUNTEER", "CAMP", "OUR COUNCIL", and "MY GS". A sub-menu is open under "CAMP", showing "Ways to Camp", "Camp Rental", "Work At Camp", and "High Adventure". An orange arrow points to "High Adventure". Below the menu, a large photograph shows a young girl with long brown hair, wearing a blue t-shirt, a purple helmet, and a climbing harness, smiling as she rappels down a rock face. Another orange arrow points to the "Forms and Resources" link in the top right navigation bar.

Approved High Adventure Outfitters

In addition to our camps and programs, Girl Scouts can experience high adventure with outside outfitters that provide opportunities such as horseback riding, whitewater rafting, ziplines, and so much more. See the drop down menus below for a list of Council approved outfitters. All vendors below meet Girl Scouts USA safety and insurance requirements.

All troops participating in any high adventure activity must fill out the **High Adventure Approval Form** even if you are using an approved outfitter.

outfitter.

Archery

Canoeing

Challenge Course

Climbing and Rappelling

Floot Trips