



## Updated Safety Activity Checkpoints (SAC)

The 2018 edition has been reformatted, edited and expanded to better serve our volunteers and troops.

Important changes made to the 2018 version:

- The SAC has been completely re-formatted to provide quick and easy reference to key pieces of information based on council feedback and suggestions on what they would find the most helpful.
- Activity pages are displayed with three sections: 1- About; 2- Inclusion; 3-Safety Activity Checkpoints.
- Inclusion is a reminder to include girls with disabilities; and the Safety Activity Checkpoints also include safety gear, the gear required to actually perform the activity and recommended additional gear to make the trip more enjoyable.
- Each individual Activity page now includes a heading to clearly highlight:
  - Grade level participation - "Activity Permitted For"
  - Prior council approval requirements – "Council Approval"
- For certain activities that are similar to each other (Climbing & Rappelling, Paddling & Rowing and Target Sports) there is a **Master Progression chart** as an overall guide to grade level and age minimums for participation; additional safety tips and guidelines and instructor to participant ratios when these differ from general adult to girl ratios.
- **Activities-at-a-Glance:** This is quick reference chart for ALL activities to show categories, provide grade level requirements, indicate council approval requirements, and clarify instructor credentialing. It's intended to be an abbreviated summary to help navigate the SAC.
- The **Miscellaneous Activities chart** provides additional approved activities that are popular but have far less complicated safety checkpoints to follow, or not enough for an entire activity page. The chart provides: grade level participation, needed gear or supplies, safety checkpoints, and references.

- **Introduction to Safety Activity Checkpoints – Chapter 1:** Chapter 1 provides an introduction, overview and some general Safety Standards & Activity Guidelines to be used in ALL activities.
  - Prior safety activity checkpoints that were listed and repeated under every activity in past editions are pulled together here under Safety Standards & Activity Guidelines. The Standards & Guidelines include important things like Prepare for the Activity, Adult Supervision, using the Buddy System, Respect the Environment, Prepare for Emergencies and more.
  - **Understanding Activities That Are Not Permitted:** this section provides an explanation as to what activities are not permitted or approved by GSUSA, and also why they are not permitted or approved. This list has been revised so that Tethered Hot Air Ballooning is now permitted (Untethered is still not permitted). Paintball tag has been added to the Not Permitted list, however target paintball has been approved under target sports.
  - **Understanding Higher Risk Activities:** this section clarifies and explains that certain activities that are permitted carry a higher or unique risk for various reasons. These higher risk activities will definitely require council pre-approval each time you plan the activity. Your council may prohibit these activities (as with all activities) if a local situation calls for that type of policy, for any reason.
- **New Activities – Added Activities:** Several new activities were added.
- **Existing Activities:** Certain components to existing activities have been added or expanded upon to address varying difficulty levels, such as rapids classification for paddle sports and high/low elements for climbing & adventure sports. Existing activities may have been re-categorized. Certain age requirements based on grade level participation may have been revised. Please thoroughly read through your activity ahead of time to determine if anything has changed.