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# Safety Activity Checkpoint Home Study

## Cover Sheet

*Please include this coversheet with your answers so we can update your records.*

Date: _____

Name:_____

Email:_____

Home Phone : (_____)_____Mobil Phone : (____)_____

Troop Number: _____

Level: (Circle all that apply)

Daisy Brownie Junior Cadette Senior Ambassador

Meeting Location:_____

Meeting Time: _____

Office Use Only

- ☐ Graded/Score_____
- ☐ Tracked
- ☐ Personify Check
- ☐ Filed

girl scouts
of southern arizona

# Safety Activity Checkpoints
# Home Study Guide

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## Introduction to Safety Activity Checkpoints

1. When preparing for _____activity with girls, always _____ with the Safety Activity Checkpoints written specifically for that particular activity.
2. _____gear includes clothing and equipment girls are likely to already have in their possession.
3. _____gear includes clothing and equipment girls may need to purchase, rent, or borrow.
4. _____ helps you and the girls master activity-specific terminology.

## Canoeing: Safety Activity Checkpoints

1. Canoeing is not recommended for Girl Scout _____ or _____.
2. You must seek _____permission for activities with _____ and _____ changeable environment conditions.
3. In absence of a swim test certification, a _____ _____ is conducted the day of the activity.
4. If participating in a long-distance canoe trip, file a _____ _____ with local authorities.
5. _____ is jargon for a canoe seat.

## Fishing: Safety Activity Checkpoints

1. When selecting a fishing location, follow _____,_____ and _____ fishing regulations.
2. Whenever possible, use _____ hooks, and return _____ to the water.
3. A_____ is a weighted hook with a lead head opposite the sharp tip.

## Ice Fishing: Safety Activity Checkpoints

1. _____ _____, the practice of fishing through a hole cut in the ice of a body of water.
2. Ensure that ice is _____ and _____ enough to support the ice fishers' weight.
3. Each girl chooses a _____ and is responsible for staying with her _____at all times.

## Kayaking: Safety Activity Checkpoints

1. Kayaking beginners should be careful of _____.
2. Ensure that the skill level of adults (instructor) is _____than the difficulty of the intended activity.
3. Establish a set of _____and _____ signals is that allows messages to pass between kayaks.
4. What are the primary classifications of Kayaking:

   _____ _____
   _____ _____
   _____ _____
   _____

## Rowboating: Safety Activity Checkpoints

1. _____, _____ and _____are just a handful of rowing styles.
2. When participating in long-distance rowboating trip, file a float plan with local authorities that includes_____ of people on board, _____, _____ description, times of _____ and _____, and additional details about routes and marine communications.
3. _____is the front of the boat.
4. _____ is the back of the boat.

## Sailing: Safety Activity Checkpoints

1. Sailboating is _____recommended for Girl Scout Daisies or Brownies.
2. Girls are not allowed to operate motorized boats without _____permission.
3. List four of the none items that belong in the Emergency Repair Kit:

   _____ _____
   _____ _____
4. _____is a large pole to which the sail is attached.

## Scuba Diving: Safety Activity Checkpoints

1. Girls who wish to learn how to scuba dive must be at least _____ years of age.
2. Ensure that the scuba-diving teacher holds _____ _____from Scuba Schools International, the National Association of Underwater Instructors, or the YMCA.
3. The scuba instructor-to-girl ratio is _____to _____.
4. What is the definition of an undertow?
   _____
   _____
   _____

## Snorkeling: Safety Activity Checkpoints

1. List the specialized gear required for Snorkeling:
   _____ _____
   _____ _____
   _____ _____
   _____
2. Never swim on a _____ or extremely _____ day.
3. _____ _____ is a method of clearing water out of a snorkel by quick and forceful exhalation.

## Surfing: Safety Activity Checkpoints

1. A _____ attaches the surfboard to the surfer's ankle, so that she does not have to swim too far to catch up to the board after a wipeout.
2. Scout out a surf location that does not have a _____-edged or _____ bottom, which can be dangerous and can cut feet and limbs.
3. When lying on boards and paddling from the shore and deeper into the water, keep the _____of the surfboard pointed towards the _____in order to cut through the waves.
4. The_____ is the area of water surfers sit on their surfboards and wait for waves.

## Swimming: Safety Activity Checkpoints

1. Swimming is one of the many ways that girls can develop _____, _____ and _____building skills.
2. A _____is a person trained in the use of basic water-rescue equipment and procedures who works under the direction of the lifeguard.
3. If there is12 swimmers how many watchers need to be present? _____
4. Whether using council-owned or operated swimming sites, public, loaned, or donated facilities, the swimming post that its water _____passes the local _____ _____ test and sanitation regulations.
5. What are the five basic swimming strokes:
   _____ _____
   _____ _____
   _____

## Tubing: Safety Activity Checkpoints

1. As a safety precaution, keep in mind that tubes occasionally _____, causing tubes to sometimes fall out of their tubes.
2. If participating in speed –boat tubing, be sure to take safety precautions that comply with _____-_____safety guidelines.
3. Ensure girls receive instruction on how to _____ through rapids, how to _____while swimming in rapids, and how to _____ to shore.
4. If tubing in fast-moving water, the undersurface current may catch you off guard. Do not get out of our tube where the flow of water is _____.

## Waterskiing and Wakeboarding: Safety Activity Checkpoints

1. What are the key elements of successful waterskiing?
   _____ _____
   _____
2. Girls are not allowed to do _____ _____ on waterskis or wakeboards.
3. A_____ is recommended for warmth and skin protection, especially when water temperature is below _____ degrees Fahrenheit.
4. Give a _____ to a contact person at home; call the contact person upon _____ and _____.
5. _____ is the starting waterski position.

## White-Water Rafting: Safety Activity Checkpoints

1. The level of rafting difficulty is measured by _____- _____ classification, which ranges from classes I to VI- Class _____represents water with very few rough areas that are suitable for beginners; Class_____ rapids are considered to be extremely dangerous.
2. Girls are never allowed on Class _____ and _____whitewater.
3. In the event of a storm with lighting, exit water _____ and take shelter away from _____objects.
4. _____often provide a safe place to get out of a current.

## Windsurfing: Safety Activity Checkpoints

1. Beginners should windsurf on water with _____ to _____waves.
2. Communicate girls' _____, _____ and _____ with the windsurfing instructors to ensure the appropriate size equipment is available.
3. Windsurfing should be taught in a _____ _____ (in general, winds should be between _____ to _____ knots,or _____ to _____ miles per hour.
4. If remaining in the water while taking a break from windsurfing, stay _____the board. Lifeguards become concerned if they se a windsurf board "missing" a surfer.
5. _____is the right-hand side of the sailboard.

## Archery: Safety Activity Checkpoints

1. Participant must be old enough to understand _____ procedures and _____equipment so as not to endanger themselves and others.
2. Make sure that girls and adults avoid wearing dangling _____, _____ and _____that may become entangled in equipment.
3. Never put an arrow into a bow unless you are on the _____ line.
4. _____ _____ is shooting a bow with out an arrow, as a practice technique.

## Bicycling: Safety Activity Checkpoints

1. Make sure that the bicycle seat height is adjusted _____; when seated, girls should have a slight _____ in the knee.
2. List seven items included in a Cycling Repair Kit:
   _____ _____
   _____ _____
   _____ _____
   _____
3. Carry identification and a list of emergency phone numbers and contact information for _____-_____ shops.
4. Ensure that cyclists ride with the_____ of traffic and _____applicable traffic regulations, signals, lane markings and local ordinances pertaining to bicycle operations.
5. A brain bucket is also known as a _____ _____.

## Caving: Safety Activity Checkpoints

1. _____ is the study of Caves.
2. _____is the study of life from past geologic periods by examining plant and animal fossils.
3. Girl Scout _____ and _____ do not participate in caving.
4. _____ are spoon-shaped hallows dissolved in cave walls, ceilings, and floors by flowering water.

## Challenge Courses: Safety Activity Checkpoints

1. _____games and _____ elements require the group to work together to accomplish mental or physical challenges.
2. High ropes challenge courses involve components for individual or group challenges that are _____ feet or more off the ground.
3. Challenging courses are not recommended for Girl Scout _____. Girl Scout _____ may participate only in low-elements activities.
4. Ensure that spotting techniques are _____, _____ and _____ by participants for climbing, spotting and belaying.
5. _____: To secure a person or object at the end of the rope.

## Climbing and Rappelling: Safety Activity Checkpoints

1. What are the three types of climbing:
   _____ _____
   _____
2. _____is a means of descending by sliding down a rope.
3. _____ _____ must be pulled back from the face and fastened under the helmet to prevent tangling.
4. _____ is a metal ring with a spring-hinged side that is used as a connector and to hold a freely running rope.

## Cross-Country Skiing: Safety Activity Checkpoints

1. Cross-country skiers use _____ _____ for guidance, and _____ to connect boots to skis.
2. _____ are encouraged to plan trip details including adequate _____ periods with opportunities to replenish _____ and _____ high energy foods.
3. When following the cross-country safety standards, a faster skier indicates her desire to pass by calling " _____,_____."

## Downhill Skiing and Snowboarding: Safety Activity Checkpoints

1. Girls are not allowed to do _____ _____on skis or snowboards.
2. _____,_____ and _____ evacuation and emergency plans for severe weather with girls.
3. Secure all skiing equipment in a dry, _____ storage area.
4. Skiers and Snowboarders need to follow the following guidelines:
   - Do not ski _____-_____or in an unmarked or closed area.
   - Make others aware _____ you turn.
   - Yield the right-of-way to those _____on the slope.
   - _____ _____ cross the path of skiers.
   - _____objects and obstacles, such as trees and rocks.
   - To rest or adjust equipment, stop on the _____ of the slope or trail.
   - Move _____ to the side of the trail or slope after falling, unless injured.
   - Summon the _____ _____if a skier is injured.

## Fencing: Safety Activity Checkpoints

1. Fencing is a sport and martial art that involves using swords called _____, _____ and _____.
2. Ensure that the location of fencing instruction or event is an_____space free of obstructions.
3. _____ is a rapid forward movement in fencing.
4. _____ is to move backward quickly.

## Geocaching: Safety Activity Checkpoints

1. Geocaching seek out _____ that have been hidden just about anywhere in the _____.
2. A terrain rating of _____ typically means the cache is accessible for people with disabilities.
3. Geocachers are encouraged to leave caching sites _____ than they found them.
4. FTF is an acronym used in geoaching logbooks and sites that stands for " "_____ _____ _____"

## Horseback Riding: Safety Activity Checkpoints

1. One of the most important aspects of horseback riding is showing_____ for horses.
2. Horseback riding is not recommended for Girl Scout Daisies, but Daisies may participate in _____rides when the horses are led by person on foot.
3. Riders may not ride _____, in _____, or in _____ _____ with lug sloes.
4. If horses displaying uncomfortable or abnormal behaviors they should be _____ and checked for injuries and poor equipment fitting, and may need to be walked back to the sable by foot.

## Ice Skating: Safety Activity Checkpoints

1. It's important to use skates that are properly _____, securely_____ and properly_____.
2. Girls may skate on a pond or lake with supervision, but may never skate on a _____ or _____.
3. Follow basic ice-skating safety standards:
   - Everyone skates in the _____ direction.
   - Skaters do not _____, _____, or _____ on ice.
   - A fallen skater does not _____ hold of another skater.
4. _____are marks left on the ice by a skater's blades.

## In-Line Skating and Roller Skating: Safety Activity Checkpoints

1. Obtain council guidance in selecting the skating site; rinks are considered _____, but ensure that the rink has a _____ skating surface free of debris.
2. Girls should never skate with broken or missing _____. Ensure no _____ _____decorations are attached to the laces.
3. Keep skates in top shape by avoiding _____, _____, and _____ which damage the wheel bearings.
4. _____ is a slang term for doing a skating trick backwards.

## Other land Sports: Safety Activity Checkpoints

1. A girl's participation depends on her _____, level of _____, _____ conditioning, and level of _____.
2. Girls are not allowed to use _____ unless 12 years and older and with council permission; Girls are never allowed to _____.
3. When participating in an outdoor activity, be prepared to _____the activity plan or have an _____activity prepared if weather conditions change.
4. Make sure girls are dressed appropriately for the activity; ensure sharp objects, jewelry and watches are removed and _____ emptied.
5. During activity ensure sufficient _____ _____ are given to avoid overexertion and to replenish fluids.

## Segway: Safety Activity Checkpoints

1. The Segway manufacturer requires that riders weigh _____ to _____ pounds. Girl Scout _____, _____ and _____do not participate in Segway activities.
2. Remember that, although most states allow Segway PT's on sidewalks, _____ and _____ laws may differ.
3. When riding on sidewalks in urban areas, be on alert for _____, _____ _____, and low overhead obstructions.

## Skateboarding: Safety Activity Checkpoints

1. Beginners should start on a _____, _____ surface such as a basketball court.
2. Do not skateboard in _____ _____, in the _____, or on _____ _____.
3. Practice safe outdoor skateboarding. Outdoors, girls must skate in areas where _____ or _____will not interfere.
4. _____ is a concave skateboard ramp that is 360 degrees, forming a bowl shape.

## Sledding, Tobogganing, and snow Tubing: Safety Activity Checkpoints

1. A _____ is typically a long, flat-bottomed sled made of thin boards that curve upward in a c-shape at one end.
2. Ensure that sledding in conducted in an area that is free of _____and that the site has no obstructions such as _____,_____ or _____.
3. Practice safe sledding, tobogganing, and snow tubing by making sure girls slide downhill _____-first to reduce the potential of head injuries from collisions.
4. _____: A small, flat sled with no steering or break mechanisms that is used competitively.

## Snowshoeing: Safety Activity Checkpoints

1. Snowshoe at Girl Scout camps, national and state parks, Nordic centers, and ski slopes. Avoid _____ destinations.
2. Follow council procedures for activity _____, certificate of _____, and council guidelines about girls' general _____ examinations.
3. _____/_____ snowshoes are the smallest and lightest; _____ are mid-sized snowshoes designed for moderate walks; and _____ snowshoes are the largest snowshoes that are meant for intense, long-distance hikes.
4. _____-_____: Preventing a slip or fall by using a ski pole while walking.

## Backpacking: Safety Activity Checkpoints

1. No matter the destination, backpacker's primary mission is to explore on _____, while carrying all their gear in a _____.
2. Girls are never allowed to ride _____-_____ vehicles or _____ _____.
3. Encourage girls to plan _____, _____, _____ for group living, and _____ for dealing with problems that may arise with other groups of backpackers.
4. Ensure that _____ and all _____ weigh now more than _____ percent of each person's ideal body weight.

## Group Camping: Safety Activity Checkpoints

1. _____ _____ _____ is a method of camping, which involves leaving a campground the way it exists in nature, free of garbage and human impact.
2. Under the leadership of an adult, a Daisy troop may participate in an _____ overnight camping experiences.
3. Ensure separate _____ and _____ facilities are provided for adult males.
4. Ensure that each participant has her _____bed.
5. Adults and girls_____ share a bed.
6. _____: small pieces of dry wood used to start a campfire.

## Hiking: Safety Activity Checkpoints

1. Hiking involves _____, cross-country walking trips and often requires sturdy _____ to provide traction on rocks and unruly earth floors.
2. Encourage girls to distribute a list of hiking_____ and _____, and to determine which resources to be shared.
3. Ensure search-and-rescue procedures for missing persons are _____out in advance, _____, and _____ by the girls and adults.
4. Do not _____food; carry out grease and fuel canisters.

## Orienteering: Safety Activity Checkpoints

1. Orienteering is an activity that involves using a _____, _____, and _____skills to find your way around or across an unfamiliar area.
2. Follow basic orienteering safety standards by making sure that each participant is given a specific _____ limit to complete the course and must check in at the finish area whether or not she _____ the course.
3. Make sure that girls take proper precautions in areas where poisonous _____or _____ or _____ are prevalent.
4. Control is a point on an orienteering course that participants have to _____, and is marked on the map with a circle.

## Outdoor Cooking: Safety Activity Checkpoints

1. Practice of cooking with large fires is no longer _____, because of the detrimental effects on camping areas. Instead, use alternative cooking methods such as a _____ _____ _____(electric or fuel based).
2. Fires are not permitted where there is excessive _____ or _____.
3. Be prepared for primitive campsites by observing the following standards:
    - Choose and set up campsite well before _____.
    - Avoid camping under dead _____ _____.
    - Do dishwashing and personal bathing at least _____ feet away from water sources.
    - Store food well away from _____ and out of reach of _____.
4. Make sure meals are prepared with consideration of food _____, _____beliefs, and _____ restrictions of group members.

## Trip/Travel Camping: Safety Activity Checkpoints

1. During trip/travel camping, the group travels by _____or _____power and uses motorized or non-motorized transportation to move from one site to another over a period of _____ or _____ nights.
2. Name 3 of the 12 areas of knowledge, skills and experience that the lead trip/travel adult or instructor must possess:
   - _____
   - _____
   - _____
3. When trip/travel camping know the location of the nearest _____ telephone in case cellular phone do not receive reception. In addition, girls and adult participants carry a _____ and wear an_____bracelet or similar device that contains name, council name, and emergency-contact phone number.
4. A bear -or animal- proof campsite is a site that doesn't attract animals and involves hanging _____ and _____at least 15 feet off the ground and 10 feet from a tree trunk to keep food away from animals when no building or vehicle is available for storage.

## Arts and Crafts: Safety Activity Checkpoints

1. It's important that activities are appropriate to each girl's _____, experience with _____, attention span, and the _____ of the project.
2. Ensure that work sites are well ventilated for activities involving _____ materials and _____ _____or ceramic dust.
3. Exercise caution when handling and storing equipment and supplies. Ensure that flammable materials such as _____ or _____ are labeled and storied in a dry, well ventilated area out of reach of young children.
4. _____ is an artistic process in which a three-dimensional piece of art is made from assembling found objects.

## Computer/Online Use: Safety Activity Checkpoints

1. No girl or adult acting on behalf of girl members can collect _____ online for Girl Scout products or a money-earning activity online. They only exception to this is GUSA-approved _____vendor programs.
2. Before girls use the internet, copy and distribute the _____ _____.
3. Ensure girls' safety in Web site design by using the following measures:
    - Use only girls' _____ name online.
    - Never post girls' _____ names, _____, _____ _____ or _____ addresses.
    - Always have a parent or guardian's _____ when using pictures of girls on a website.
4. A group website may not use copyrighted _____, _____, _____ or _____ symbols without specific permission from the copyright or trademark holder.
5. Groups whose girls are at least_____ years old and obtain parental permission may set up a troop or group social-networking site. This site must be _____by the council.

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

1. What are the 5 essential skills that girls develop through the Girl Scout Cookie Program?
    - _____
    - _____
    - _____
    - _____
    - _____

2. It is important to involve girls in the goal setting, planning and execution of product sales. For this reason, adults may assist, but cannot _____ Girl Scout products.
3. Girl Scout Cookies and Girl Scouts are trademarked by Girl Scouts of the USA and cannot be used to endorse others' _____ or_____.
4. Practice safety in selling and delivering products by ensuring that:
    - Girls wear a membership _____, _____or Girl Scout _____ to clearly identify themselves as Girl Scouts.
    - Girls participate in door-to-door sales only during _____ hours.
5. List 5 of the top selling cookies:
    - _____
    - _____
    - _____
    - _____
    - _____

## Hayrides: Safety Activity Checkpoints

1. Before participating in a hayride, ensure that hayride equipment are _____, that vehicle weight limitations and seating capacities are not exceeded, and that _____ and _____are free of obstructions.
2. Inspect the site to make sure it is free of potential _____, and make sure _____ medical care is accessible.
3. Ensure that girls do not ride in the _____ vehicle.

## Parades and Other Large Group Gatherings: Safety Activity Checkpoints

1. What is the basic gear necessary for participating in a parade or other large group gathering?
   - _____
   - _____
   - _____

2. Ensure that the location for any community event, large group gathering, or parade is inspected in _____.
3. Ensure that _____ is given on safe pedestrian practices, when applicable. Ensure that adults know girls' _____ at all times.

## Playground: Safety Activity Checkpoints

1. _____ is an important part of having fun on the playground.
2. Playground injuries can be reduced by placing resilient surfacing below equipment, better _____ equipment, improving _____, and using _____-_____equipment.
3. Ensure that there are no sharp _____, _____ or _____on any components of playground equipment.
4. Ensure that adults teach girls to use equipment _____, _____ and as _____.

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

1. To encourage girls' interest in STEM, it's important to engage them in _____-_____ activities that provide ties to _____-_____ applications.
2. If using _____, prior to the activity, adults and instructors should be familiar with safety _____ and possible side effects of contact with the chemical.
3. Before beginning a STEM activity, talk with girls about _____and point out potential _____ and appropriate safety precautions to take.

## Theme Parks: Safety Activity Checkpoints

1. To ensure a safe theme park experience, it's important to communicate with the girls about _____ and _____ safety, and to encourage girls to act _____.
2. Obtain full information about the rides and other activities and evaluate them for _____.
3. Verify in advance that the theme park carries liability _____.
4. On rides, girls and adults remain _____ and always keep their _____ and _____inside the car at all times.
5. Ensure that _____ _____ and _____ _____ are always used and never removed during rides.