



Slingshot

Activity Permitted for: D B J C S A

Council Approval: Required as per Council Policy P1; [Activity/Trip Permission \(2129\)](#)

Vendor Approval: Required for indoor and outdoor shooting ranges (vendor)

Required Training: 281 GS 201 Trips & Overnights (gsLearn). *See below for training prerequisites*

Required Certification: GSVSC Level I Slingshot Instructor Certification

When leading slingshot sport activities with Girl Scouts, volunteers must hold the required certifications. If not using a council-owned range, Troops/Groups are required to use council approved indoor and outdoor shooting ranges. Council must approve all sites in advance.

About Slingshots

Slingshots are descendants of the trebuchet and the sling—weapons used for centuries! For Girl Scouts, they serve as a progression step for target range activities like archery by teaching girls about following range rules and commands as well as helping them to build target skills and hand-eye coordination.

Learn More

- [5 Proven Ways to Improve Skills](#)
- [How to Aim a Slingshot](#)

Include Girl Scout Members with Disabilities

Talk to Girl Scout members with disabilities and their caregivers. Ask about needs and accommodations. Always be sure to contact the location and/or the instructor in advance to ensure they are able to accommodate those with disabilities.

Equity. In addition to physical and social-emotional disabilities, consider the history, culture, and past experiences of the Girl Scout members in your troop that could affect their ability to equally participate in an activity. Work with members and families to understand how an activity is perceived. Ensure that all Girl Scout members and their families feel comfortable and have access to whatever is needed to fully participate, such as proper equipment, prior experiences, and the skills needed to enjoy the activity.

Infectious Disease Guidelines. Girl Scouts use a commonsense approach to health and safety. Before participating in Girl Scouting activities, members are to undergo health checks at home for any symptoms such as fever of 100.4 (or need for fever-reducing medications) chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore

throat, congestion or runny nose, stomach aches, nausea, or vomiting. Members with any of these symptoms or in need of fever-reducing medication **MUST** stay home until fully recovered.

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) before taking girls out for any activity and review it with the girls so they too are prepared. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, sudden illness, or sudden weather or water emergencies.

Slingshot Checkpoints

Vendor Approval Required for indoor and shooting ranges. Review Vendor Approval section under the *Standard Safety Guidelines for vendor approval timelines*. If not using a council-owned range and equipment, contact your Girl Scout council for approved vendor suggestions to ensure they are properly insured. If it is not, allow enough time to have the vendor approved. The owner operator should be able to confirm one million dollars General Liability insurance upon request. For privately/locally owned ranges, the council will request a certificate of insurance to document evidence of the insurance coverage and name the council as additional insured. Most facilities will accommodate this request if they are able to administratively. [See High Adventure Approved Vendors List \(#2147\)](#).

Required Prerequisite Training: Troop/Group Program leaders must complete GSUSA’s online leadership courses and GSVSC’s 281 GS 201 Trips & Overnights course in gsLearn. Adult volunteer chaperones must complete GSVSC’s 281 GS 104 Orientation for Support Volunteers online course in gsLearn.

Required Certification. When leading slingshot activities for Girl Scouts, at least one adult volunteer must be certified as a GSVSC Level I Slingshot Instructor. Contact the council for more information about becoming certified. A Level I Archery Instructor may lead this activity.

Assess participants’ maturity level. Participants must be old enough to understand safety procedures and handle equipment so not to endanger themselves or others.

Verify instructor knowledge and experience. Because slingshots are intended to serve as a progression step for target sports, one adult needs to be a certified USA Archery instructor or have equivalent certification or documented experience according to your council guidelines. Ensure that there is a ratio of one instructor for every ten girls for Juniors and older. For Daisies and Brownies, please have one instructor for five girls.

Use chart below to verify required instructor certifications. **Required Certifications:**

Shooting Type	Grade Level Minimum Age	Participant-to- Instructor Ratio	Instructor/Expert Certification
Slingshot	D, B, J, C, S, A	D, B – 5:1 J, C, S, A – 10:1	One adult instructor is trained in slingshot safety, form, technique, range rules, and emergency procedures. Check with the council for GSVSC Level I Slingshot training. A Level I Archery Instructor may lead this activity.

Select a safe site.

- Equipment is stored when not in use and is in good repair.
- Equipment, including targets, are checked each time and in good condition.
- Clear safety signals and range commands to control the activity are posted and taught to all participants in advance of stepping on to the range.
- Backstops or a specific safety zone are set behind the targets.
- Shooting line is clearly defined.
- Clearly delineated rear and side safety buffers are known to the entire facility population.

At an outdoor range, check that:

- Targets are not placed in front of houses, roads, trails, or tents.
- Areas with pedestrian traffic are avoided.
- The shooting area and the spectator area behind the shooting area are clearly marked.
- The range is not used after nightfall.

At an indoor range, make sure:

- Targets are well-lit.
- Doors or entries to the range are locked or blocked from the inside.
- Fire exits are not blocked.
- Ensure equipment is properly sized for the girls.
- “Shot” is appropriate for the range.

Girls should learn about shooting. Girls develop skills based on proper procedures and form, handling the equipment, getting the correct stance, sighting, aiming, and observing safety practices.

Always keep the slingshot pointed down range in a safe direction. This is the primary rule of target sport safety. A safe direction means that the slingshot is pointed toward the target or toward the ground, so that even if it were to go off it would not cause injury or damage.

On the Day of Slingshot Shooting

Dress appropriately for the activity. Make sure that all participants will avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also make sure long hair is tied back and always wear closed-toed shoes.

Ensure the instructor reviews the rules and operating procedures with girls beforehand. The instructor covers safety procedures, including:

- Always keeping the slingshot pointed in a safe direction.
- Notice form to avoid snapping wrists or hand with the band.

Basic Slingshot Range Rules

- Qualified instructor may only open this range.
- Listen to and follow all commands on the range.
- Do not pick up, load, or fire your slingshot until given the commands.
- Stand behind the firing line. Do not straddle the firing line.
- Absolutely no running on the range.
- No extra talking on the range.
- Step back from the firing line when you finish firing.

Basic Slingshot Safety Rules

- Hold slingshot pointed in a safe direction down range, toward the target or the ground.
- Keep the pouch ammunition free until given permission to load and fire.
- Leave the bands at rest until you are ready to shoot.

Safety and Required Gear

- Stable slingshot.
- Ammunition appropriate for the targets: dog food kibbles, ping pong balls, marshmallows, ½” paint balls.
- Range Rules poster