



# THE NEBRASKA WING SAFETY BULLETIN

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## HIGH

## ADVENTURE

### IMPORTANT INFORMATION

**HIGH ADVENTURE** activities for cadets require above normal paperwork and the approval of the Wing Commander. Please read carefully the guide provided below (Ref: CAPR 60-2), to ensure all safety precautions are taken and the appropriate CAP forms are completed and submitted.



#### CADET SAFETY IN ADVENTURE-BASED LEARNING

##### Challenge Activities

- Require review of relevant section in *Girl Scout Safety Activity Checkpoints*
- Require CAPF 160 *Risk Assessment Worksheet*
- Require Unit/CC approval
- Require CAPF 60-80 or CAPF 60-81

##### Sample Activities Include:

- |                             |   |   |
|-----------------------------|---|---|
| Bouldering (fall < 6 feet)  | Horseback riding at commercial facility | Mountain biking                           |
| Camping                     | Indoor skydiving                        | Orienteering                              |
| Obstacle course (fall < 6') | Indoor trampoline                       | Segway riding with commercial tour vendor |
| Climbing walls (artificial) | Laser tag                               | Swimming                                  |
| Hiking (day trip)           | Low ropes (fall < 6')                   | Water survival courses                    |

Use CAPF 60-80 for stand-alone events or CAPF 60-81 for CAs occurring within larger activities (e.g., encampment, NCSA)

##### High Adventure Activities

- Require review of relevant section in *Girl Scout safety Activity Checkpoints*
- Require CAPF 160
- Require CAPF 60-82 *HAA Authorization*
- Require Unit/CC & Wing/CC approval
- Require CAPF 60-80 or CAPF 60-81

##### Sample Activities Include:

- |  |                                     |  |
|--|-------------------------------------|--|
| Backpacking (i.e.: 20-mile hikes with a backcountry overnight) | Firearms training (see 2.7.5 below) | Rappelling (in the field or on a tower)  |
| Firearms training or marksmanship                              | Obstacle course (fall > 6')         | Winter camping (temperatures below 30°F) |
| High ropes (fall > 6')   | Paintball (see 2.7.5 below)         | Zip lining at commercial facility        |

Use CAPF 60-80 for stand-alone events or CAPF 60-81 for HAAs occurring within larger activities (e.g., encampment, NCSA)

##### Prohibited Activities

Never authorized at CAP events

##### Prohibited Activities Include:

- |                |  |              |
|----------------|--|--------------|
| Bungee jumping | Motorbikes, scooters, snowmobiles & ATVs | Scuba        |
| Hang gliding   | Parachuting or skydiving                 | Stunt skiing |
| Hunting        | Paragliding or parasailing               | Ultralights  |
|                |  | Zorbing      |

Other CAs and HAAs may be appropriate for the cadet age group; wings are encouraged to consult with CAP/CP before authorizing activities not listed here.