

**Girl Scouts of Middle Tennessee proudly offers a wide variety of activities with the goal of providing meaningful and enriching experiences in areas that girls enjoy.** While we strive to ensure that our programs are inclusive and that all girls have access to meaningful activities and experiences, some activities have inherent restrictions. In an effort to balance the demand for challenging activities with the safety and well being of our girls and adult volunteers, we offer the following programs and activities with restrictions as listed below.

*If you have questions or concerns regarding a girl participating based on these restrictions or would like additional information on the basis of these restrictions, please contact the program manager listed below. We realize these restrictions can lead to sensitive conversations and welcome the opportunity to speak in advance of the event to discuss options and potential solutions.*

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### Horse Programs

To protect the health and safety of our horses and participants, the maximum weight limit for participants in Girl Scouts of Middle Tennessee horse riding programs is 200 lbs. Current research shows that horses should carry no more than 20% of their weight. Our limit is based on the size of our horses, weight of our equipment, and the type of activities we provide. As a CHA (Certified Horsemanship Association) accredited site, we have established this policy in accordance with their safety protocols and recommendations. If your group is participating in a workshop or program that includes ground activities, participants not eligible to ride can still participate in the ground portion (fees can be adjusted accordingly with prior notification).

### Adventure Activities

Several of the activities offered at our facilities utilize specialized equipment. This equipment is designed with the safety of the participant in mind and has manufacturers recommended limitations to minimize the risk of injury to the participant. In order to ensure that all participants are able to utilize equipment safely, the following weight limits must be strictly enforced:

<b>High Challenge, Rappelling, Tree Climbing</b>	<b>250 lbs</b>
<b>Zip line, Flying Squirrel, Swing By Choice</b>	<b>250 lbs</b>

In addition to these weight limits, supplied harnesses and equipment must fit properly and securely. Fit will be evaluated by the instructor/facilitator on site.

### Watercraft

In addition to the weight limits listed below, all participants utilizing watercraft (canoes, kayaks, funoes, and Corcls) on council properties are required to wear Coast Guard approved Personal Flotation Devices (PFDs) at all times. Usage of watercraft is dependent on proper fit of supplied PFDs and will be evaluated by the instructor/facilitator on site.

<b>Kayaks &amp; Corcls®</b>	<b>225 lbs</b>
<b>Canoes</b>	<b>350 lbs</b>