



# 10 Ways To Keep Your Troop Safe

## AHG Health & Safety Highlights

1. **Two-Deep Leadership**
2. One **First Aid & CPR** certified Volunteer per unit  
(or minimum 1 per 12 girls for all events and activities)
3. **Sign-in and sign-out** of all meetings
4. **Buddy system**
5. Know what **other groups** are in the building/area at the same time
6. **Sign-in all adult visitors** and have two registered adults present with the visitor at all times
7. Use **permission slips** for all activities
8. Know **fire escape routes** for your regular meeting space
9. Keep paper copies of **Health & Medical History Forms** for each unit
10. **Review Health & Safety Guidelines** at the beginning of each Program Year

