



# BSA SAFETY MOMENT

## INDOOR BODYFLIGHT

### SUMMARY

So you want to take your first shot at an indoor bodyflight facility? If you're not prepared, you might be at risk for more injuries than you think. Bodyflight requires trained professionals to help you have the best experience possible in their facility, so it is recommended that you look up the activity requirements before you take off on your first flight adventure.

### GENERAL INFORMATION

If you are considering indoor bodyflight as an activity for your unit, district, or council, here are some tips to think about:

- Make sure to wear protective eyewear (safety glasses—with retaining strap or a full-face helmet) so you can see during your experience, and afterwards.
- Make sure to wear hearing protection—the wind tunnel can be quite loud due to the fans keeping you in the air. Protect your ears by wearing ear plugs and make sure your instructor checks they are inserted correctly.
- Wear shoes that are closed toe and closed heel. Flip-flops or loose-fitting shoes create a hazard for yourself and your instructor. Be sure you have shoes that will stay on your feet.
- Loose items should stay out of the wind tunnel, including items in any pockets, necklaces, bracelets, etc.
- Think about your most recent medical exam. Be aware of restrictions that the facility has in place for bodyflight participants, which may include:
  - No history of neck, back, or heart problems
  - Body weight of less than 250 pounds
  - No shoulder dislocations or injuries
- Verify that the facility being used follows the standards of the International Bodyflight Association (IBA) and is listed in the IBA directory.
- Confirm that instructors are qualified through the IBA training program.
- Release forms—As you will be exposed to up to 165 mph air velocity, parents should sign any required consents, releases, risk acknowledgments, or waivers of liability on behalf of their children. This is not a unit leader's responsibility.
- Unit leadership should not enter into contracts in the name of the unit, the council, or the Boy Scouts of America, nor can leaders or parents waive or release the rights of the council or the BSA.
- Good attitude—You may not have the same experience as your peers or be able to maneuver like the professionals, but remember, this takes many hours of training and certification. Have fun and, most importantly, be safe.
- These guidelines apply only to indoor bodyflight. Be aware that some related activities are unauthorized and restricted by the Boy Scouts of America.

### RESOURCES

- Health and Safety Alerts: <https://www.scouting.org/health-and-safety/alerts/bodyflight-safety-alert/>
- International Bodyflight Association: <https://tunnelflight.com>
- *Guide to Safe Scouting*: “In situations not specifically covered in this guide, activity planners should evaluate the risk or potential risk of harm, and respond with action plans based on common sense, community standards, the Boy Scout motto, and safety policies and practices commonly prescribed for the activity by experienced providers and practitioners.”