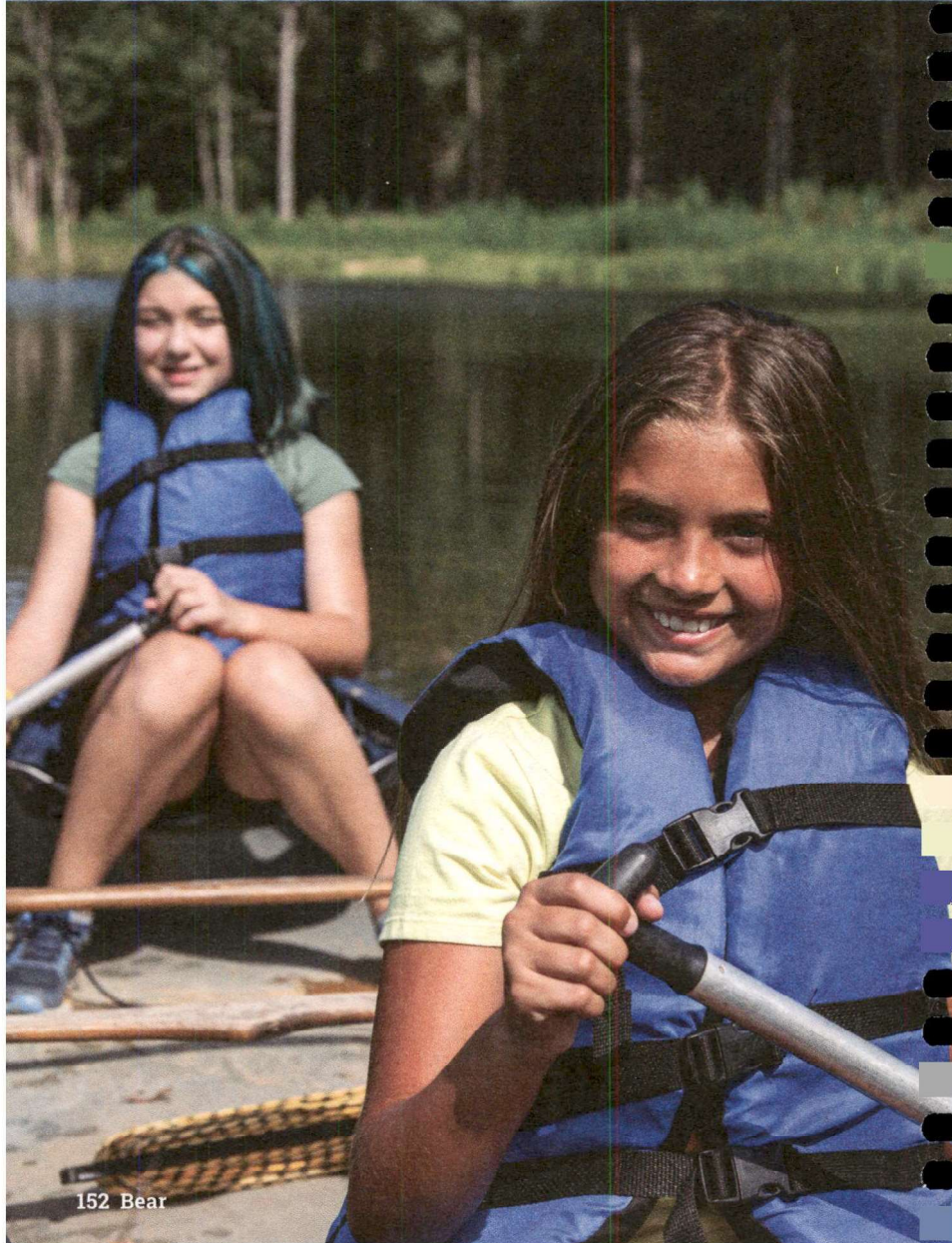


BEARS AFLOAT

ELECTIVE ADVENTURE



152 Bear

SNAPSHOT OF ADVENTURE



Grip, shaft, throat, shoulder, blade, and tip are all parts of a paddle. In this Adventure, you'll discover the world of paddle crafts. Canoes, kayaks, and stand-up paddleboards all rely on you as the source of power. There are places that you can get to only by paddle craft.

You will also learn how to be safe when using a paddle craft, from learning about your equipment to proper ways to paddle your craft.

REQUIREMENTS

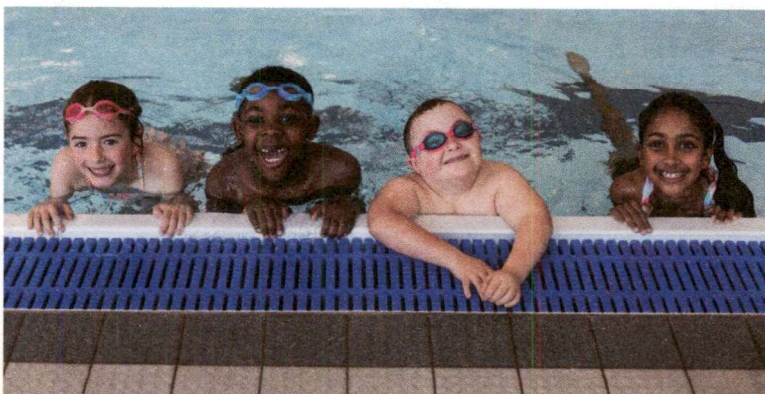
1. Before attempting requirements 6 and 7 for this Adventure, you must pass the BSA swimmer test.
2. Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard.
3. With your den or an adult, discuss the role of qualified adult supervision at a paddle-craft activity.
4. Explain the safety rules to follow when safely using a paddle craft.
5. Discover how to tell if a life jacket is the correct size and approved for your paddle-craft activity. Demonstrate how to wear it.
6. Explore how your paddle craft responds as you move your paddle through the water from different places.
7. Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard paddle time.



- [Elective Adventure](#)
- [Scan for this Adventure page](#)

REQUIREMENT 1

Before attempting requirements 6 and 7
for this Adventure,
you must pass the BSA swimmer test.



To learn more about the BSA swimmer test, follow this QR code.



Date

Adult's Signature

REQUIREMENT 2

Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard.

CANOE

A canoe is a narrow and usually lightweight boat that is pointed on both ends (the bow and stern) and is open. Canoes can be made of wood, fiberglass, or aluminum. The most common type of canoe is aluminum, since it's durable and easy to care for.

Like all boats, the front of a canoe is called the bow. It is identified by the distance the seat is positioned from the front of the boat allowing for leg room. The back of the canoe is called the stern. The seat is positioned closer to the back of the boat since your legs will be toward the middle of the canoe.



The sides of the canoe are called the gunwales (gun-l), the middle of the canoe is called the centerline, and the braces across the top of the canoe are called the thwarts.

Canoes are designed for flat water, like a lake or calm river.

CANOE PADDLE

Canoe paddles come in different sizes. The proper size of a paddle is more about comfort and feel than an exact measurement. To see if a paddle is the right size for you, on land crouch down like you were sitting or kneeling in a canoe. Put the grip of the paddle on the ground with the tip pointing up. The throat of the paddle should be between your shoulder and nose.



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KAYAK

A kayak is a narrow and lightweight boat that is pointed on both ends. A kayak may be open, commonly called a "sit on top" or it may be closed with a cockpit. Kayaks can be made from wood, fiberglass, or plastic. The most common kayak is plastic, as it's durable and easy to care for, but they tend to be heavier.

Kayaks may be designed for a single paddler or for two paddlers (tandem). Kayaks come in many different shapes and sizes based on how they are to be used. Fishing kayaks tend to be open, are wide, and have attachments for fishing poles and equipment. Ocean kayaks are closed with a cockpit and may come with a "skirt" that the paddler wears to keep water out of the cockpit.



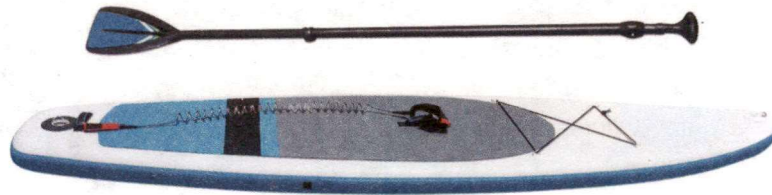
KAYAK PADDLE

A kayak paddle has two blades. It is designed so there is constant power moving the kayak through the water. Kayak paddles are measured in centimeters. The most important thing about selecting a kayak paddle is the comfort of the paddle in your hands. To size your kayak paddle, hold the paddle above your head horizontally and centered. With your elbows bent at 90-degree angles, your hands should be 6 to 8 inches from the throat on either end of the paddle.



STAND-UP PADDLEBOARD

A paddleboard is like a giant surfboard. It is commonly made of foam with a fiberglass coating. Some paddleboards are inflatable. You stand up on a paddleboard and while standing use a long paddle to move about the water. It requires balance and strength.



STAND-UP PADDLEBOARD PADDLE

The paddle for a stand-up paddleboard is long and should be about 8 to 10 inches taller than you.



Date

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REQUIREMENT 3

With your den or an adult, discuss the role of qualified adult supervision at a paddle-craft activity.

Paddle crafts are all different types of boats. When boating during a Scouting activity, we follow the nine parts of Safety Afloat.

The first part of Safety Afloat is that for any boating activity in Cub Scouting, there must be an adult who has completed the Safety Afloat training and makes sure it's used during the activity. Below is the definition of qualified supervision for Safety Afloat. After reading it, discuss with your den or an adult what the responsibilities are of the adult who is serving as the qualified supervision.

It is best if the adult who will be the qualified supervisor for your paddle-craft Adventure leads the conversation and gives details on Safety Afloat.

1. **Qualified Supervision**—Supervision by an adult, 21 or older, who is trained in BSA Safety Afloat. Leadership is provided in ratios of one trained adult per 5 Cub Scouts. At least one leader must be trained in first aid that includes CPR. Any swimming done in conjunction with the activity must be within BSA Safe Swim Defense standards.



Date

Adult's Signature

REQUIREMENT 4

Explain the safety rules to follow when safely using a paddle craft.

It is best if the adult who will be the qualified supervisor for your paddle-craft Adventure leads the conversation and gives details on Safety Afloat.

BSA SAFETY AFLOAT:

2. **Personal Health Review**—Completing the BSA Annual Health and Medical Record will be needed. Are there any restrictions on the part of the participant?
3. **Swimming Ability**—Complete an annual swim test. Do you know what that is?
4. **Life Jackets**—Properly fitted U.S. Coast Guard–approved life jackets are worn by everyone engaged in boating activities.
5. **Buddy System**—Make sure each member is accounted for, especially when in the water.
6. **Skill Proficiency**—Everyone in an activity afloat must have sufficient knowledge and skill to participate safely.
7. **Planning**—Check for weather and contingencies as needed prior to your activity.
8. **Equipment**—All craft must be suitable for the activity, be seaworthy, and be capable of floating if capsized.
9. **Discipline**—Remember that rules are only effective when they are followed.



_____ Date

_____ Adult's Signature

REQUIREMENT 5

Discover how to tell if a life jacket is the correct size and approved for your paddle-craft activity. Demonstrate how to wear it.

No matter what kind of boating you do, you must wear a properly fitted life jacket. The only life jacket you should use is one that has been approved by the United States Coast Guard.

Here is the performance list of Coast Guard-approved life jackets.

- ▶ Level 50 Buoyancy Aid: Not recommended for weak or nonswimmers. No self-turning ability.
- ▶ Level 70 Buoyancy Aid: Equivalent to the Type III life jackets. They are the most common life jackets worn by recreational boaters. No self-turning ability.
- ▶ Level 100 Life Jacket: High flotation life jacket. Some self-turning ability.
- ▶ Level 150 Life Jacket: High flotation life jacket. Offshore waters, self-turning ability.

You can see if the life jacket has been approved by the Coast Guard by locating the approval information printed on the inside of the life jacket. The approval information must be clearly legible. If not, the life jacket has reached the end of its useful life and may not be worn.

It is required that everyone, Cub Scouts and adults, wear a level 70 life jacket or above during paddle-craft activities.



To make sure your life jacket fits, do this:

- ▶ Check the label to see if it's designed for your size and weight.
- ▶ Put the jacket on, buckle it, and tighten the straps.
- ▶ Hold your arms over your head. Have a friend pull up on the tops of the arm openings. If the jacket rides up over your chin or face, it's too loose.



Date

Adult's Signature

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REQUIREMENT 6

Explore how your paddle craft responds as you move your paddle through the water from different places.

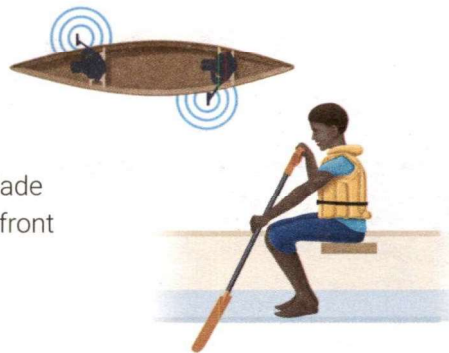
PADDLE STROKES

With canoeing, both people in the canoe paddle, usually on opposite sides and stroking at the same time. The person in the back steers and gives directions, while the person in the front adds power and helps the canoe go straight.

To stroke a paddle properly, hold it firmly with both hands — one hand on the top of the handle and the other hand just above the throat, the area where the paddle starts to get wide. Bend forward a little, and let your upper body rotate as you paddle.

Forward paddle strokes have three parts:

Catch. Lower the paddle blade edgewise into the water in front of you, not too deep.



Power. Pull backward.

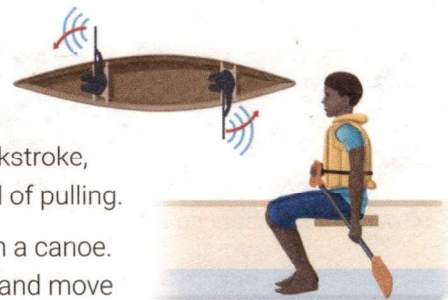


Recover. Position the paddle forward, ready to begin another stroke.



Backstroke. To do the backstroke, push on the paddle instead of pulling.

Sweep. Use sweeps to turn a canoe. Reach out with the paddle and move it in a quarter circle, either forward or backward. Or use draw and pry strokes, pulling or pushing the paddle straight toward or away from the canoe.



A kayak paddle has two blades that are curved, like a spoon. The curve of the blade is designed to catch the water. If your kayak paddles have an angled tip to them, the short part of the tip points down and the longer end of the tip points up. Grip the kayak paddle with your hands so they are the same distance from the center of the paddle.

To paddle, pick one side of the paddle to start with and place it forward in the water and pull back. Then you place the other side of the paddle in the water and pull back. Rotate your body as you paddle so your arms are not doing all the work.

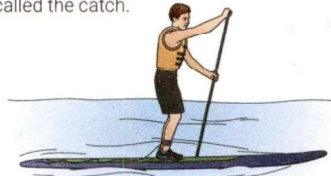


A stand-up paddleboard paddle is long. You hold it like a canoe paddle with one hand on the top of the handle and the other hand on the shaft. The lower your hand is on the shaft of the paddle, the more power you will get from each stroke. Hold the paddle so that it's comfortable.

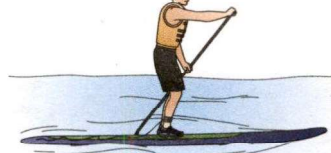
Now it's your chance to demonstrate these steps. You can practice before you get into a boat by standing in knee-high water and paddling like you would if you were in or on your paddle craft. Using a real paddle, show your den leader the correct form for paddling.



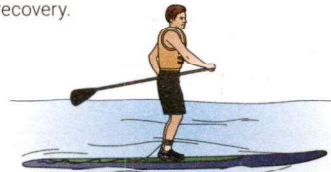
Reach forward by rotating your shoulders to plant the blade next to the board. This is called the catch.



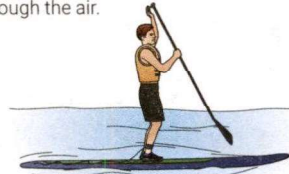
Pull the board toward the paddle blade. This is the power phase.



Before your lower hand reaches your hip, angle the blade out of the water to begin the recovery.



As you swing the blade back to the catch position, rotate your wrists to slice the blade through the air.



After a few strokes on the same side, switch sides to keep going straight.



Date _____

Adult's Signature _____

REQUIREMENT 7

Have 30 minutes, or more, of canoe, kayak, or stand-up paddleboard time.

With the proper adult supervision and following Safety Afloat, enjoy your paddle craft. Your local Scout camp may have a perfect location and equipment you can use.



Date

Adult's Signature



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