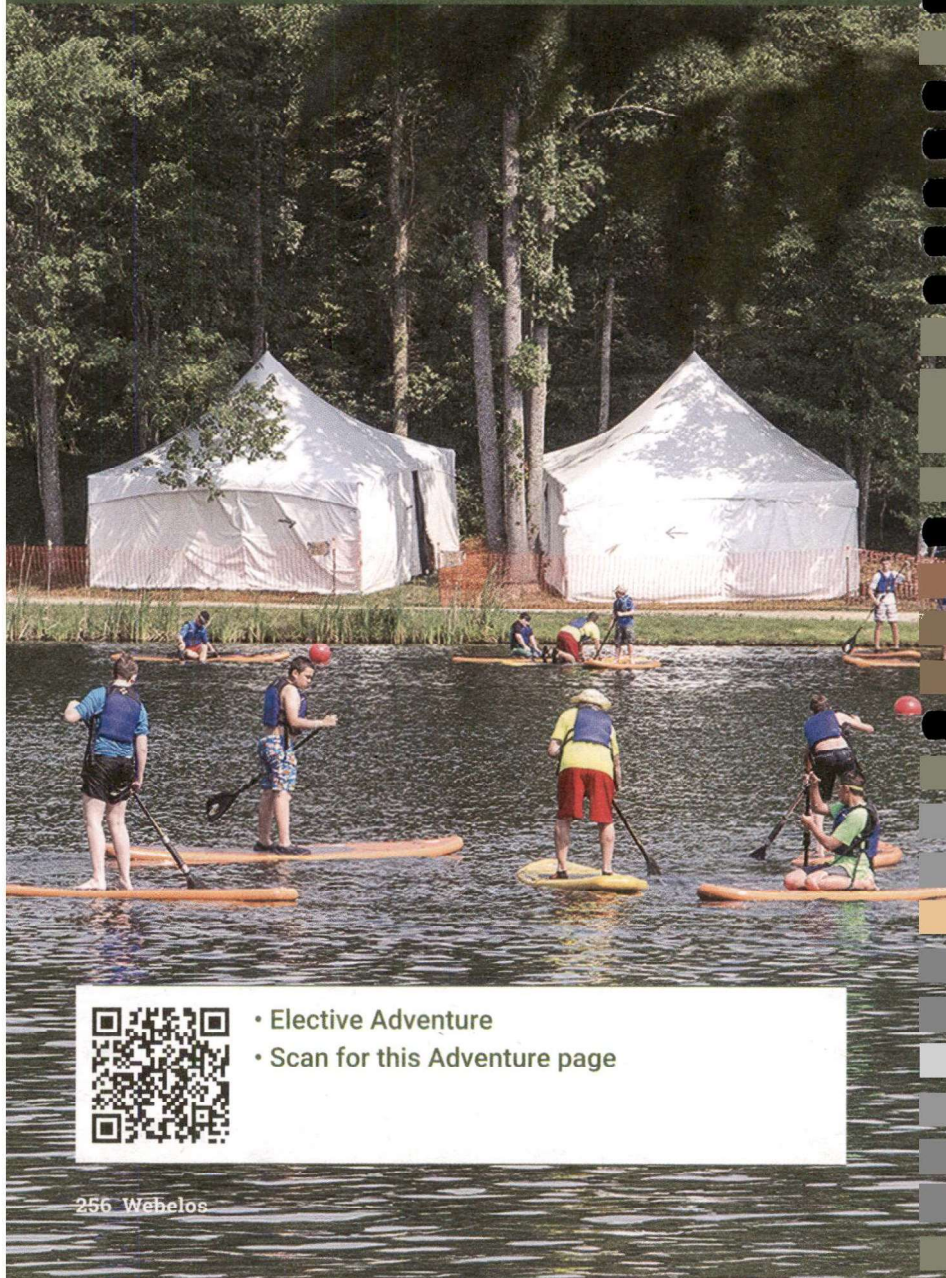


PADDLE ONWARD

ELECTIVE ADVENTURE



- Elective Adventure
- Scan for this Adventure page

SNAPSHOT OF ADVENTURE



Getting out on the water and paddling around is a great way to enjoy the outdoors and go places that you can only get to with a paddle craft. The boundary waters of Minnesota, the shoals of the Florida Keys, and countless rivers and lakes across the United States are available to only those who choose to paddle there. In this Adventure, you can choose a canoe, kayak, or stand-up paddle board to complete the requirements.

REQUIREMENTS

Approved by _____

1. Before attempting requirements 5, 6, 7, 8, and 9 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 paddle board. _____
3. Review Safety Afloat. _____
4. Demonstrate how to choose and properly wear a life jacket that is the correct size. _____
5. Jump feet first into water over your head while wearing a life jacket. Then swim 25 feet wearing the life jacket. _____
6. Demonstrate how to enter and exit a canoe, kayak, or stand-up paddle board safely. _____
7. Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddle board. _____
8. Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle. _____
9. Have 30 minutes or more of canoe, kayak, or stand-up paddle board paddle time. _____

REQUIREMENT 1

Before attempting requirements 5, 6, 7, 8, and 9 for this Adventure, you must pass the BSA swimmer test.



The swim classification test performed at a unit level should be conducted by one of the following council-approved resource people: aquatics instructor, BSA; BSA lifeguard; BSA swimming and water rescue; or other lifeguard, swimming instructor, etc.

The requirements for the BSA swimmer test are:

- ▶ Jump feet first into water over the head in depth, level off, and begin swimming.
- ▶ Swim 75 yards in a strong manner using one or more of the following strokes: side stroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting back stroke. The 100 yards must be swum continuously and include at least one sharp turn.
- ▶ After completing the swim, rest by floating.

Here are BSA's testing procedures so you know what to expect:

- ▶ The test is given one-on-one. The test administrator and the swimmer are buddies during the administration of the test.
- ▶ Each component of the test is important. The test must not be changed either to assist the Scout or to expedite the process.
- ▶ The test must be completed without aid or support. Aid includes lifejackets, wetsuits, fins, etc. Swim goggles may be used to avoid eye irritation.

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

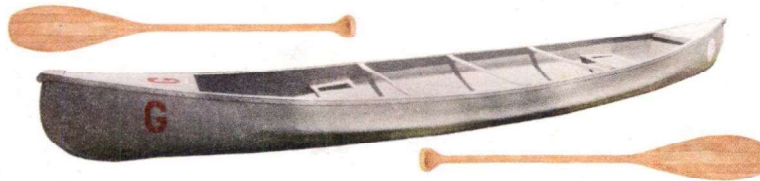


REQUIREMENT 2

Pick a paddle craft for which to complete all requirements:
canoe, kayak, or stand-up paddle board.

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 out 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 (pronounced "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.

KAYAK

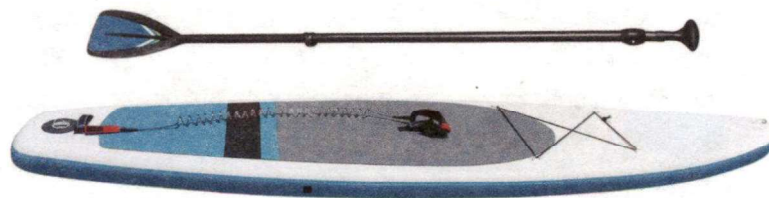
A kayak is a narrow and lightweight boat that is pointed on both ends. A kayak may be open (commonly called a "sit on top") or it may be closed with a cockpit. Kayaks can be made from wood, fiberglass, or plastic. The most common kayak is plastic as it's durable and easy to care for, but they tend to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

STAND-UP PADDLE BOARD

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



REQUIREMENT 3

Review Safety Afloat.

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

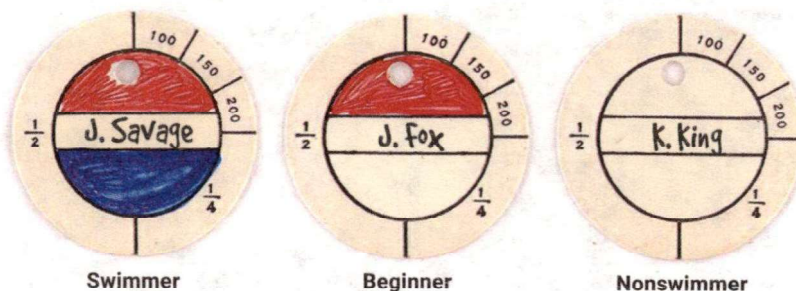
during the activity. Below is the definition of qualified supervision for Safety Afloat. After reading, discuss with your den or an adult what the responsibilities are of the adult who is serving as the qualified supervision.

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** — All activity afloat (on the water) must be supervised by a mature and conscientious adult aged 21 or older who understands and knowingly accepts responsibility for the well-being and safety of those in their care and who is trained in and committed to compliance with the nine points of BSA Safety Afloat. That supervisor must be skilled in the safe operation of the craft for the specific activity, knowledgeable in accident prevention, and prepared for emergency situations. If the adult with Safety Afloat training lacks the necessary boat operating and safety skills, then they may serve as the supervisor only if assisted by other adults, camp staff personnel, or professional tour guides who have the appropriate skills. Additional leadership is provided in ratios of one trained adult, staff member, or guide per 5 Cub Scouts. At least one

leader must be trained in first aid including CPR. Any swimming done in conjunction with the activity afloat must be supervised in accordance with BSA Safe Swim Defense standards.

2. **Personal Health Review** — Completing the BSA Annual Health and Medical Record is required. Are there any restrictions on the part of the participant?
3. **Swimming Ability** — Complete an annual swim test. Do you know what that is?

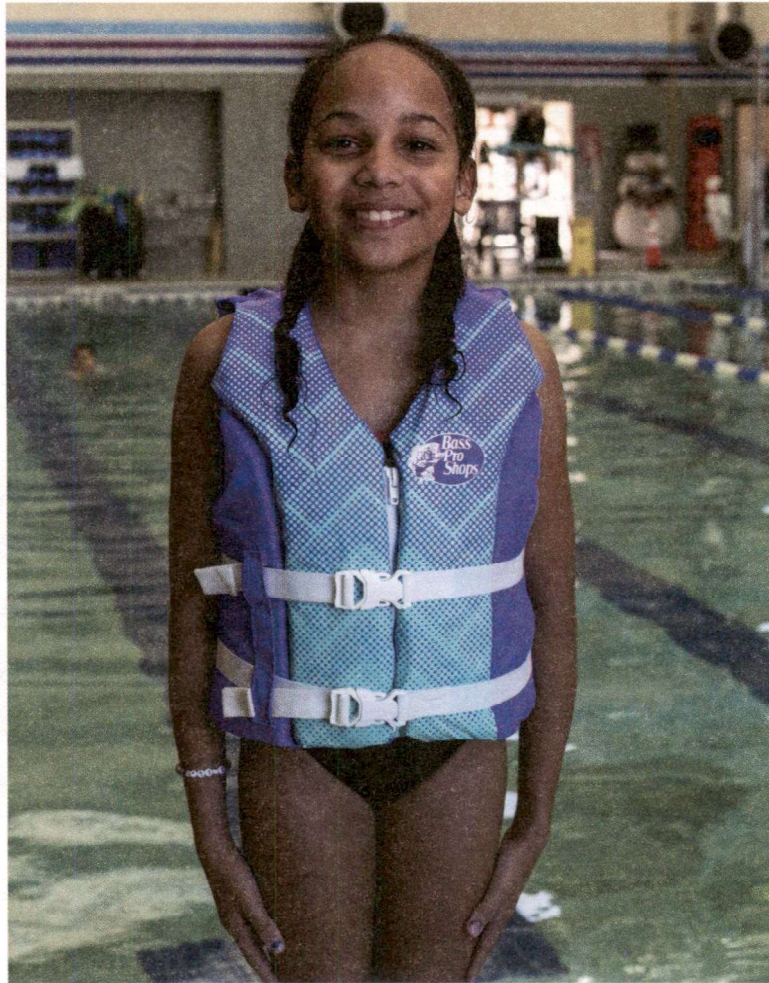


4. **Life Jackets** — Properly fitted United States Coast Guard-approved life jackets are worn by everyone engaged in boating activities.
5. **Buddy System** — Make sure each member is accounted for, especially when in the water.
6. **Skill Proficiency** — Everyone in an activity afloat must have sufficient 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.

REQUIREMENT 4

Demonstrate how to choose and properly wear a life jacket that is the correct size.

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 United States Coast Guard-approved life jackets.

- ▶ Level 50 Buoyancy Aid — Not recommended for weak or non-swimmers. 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.

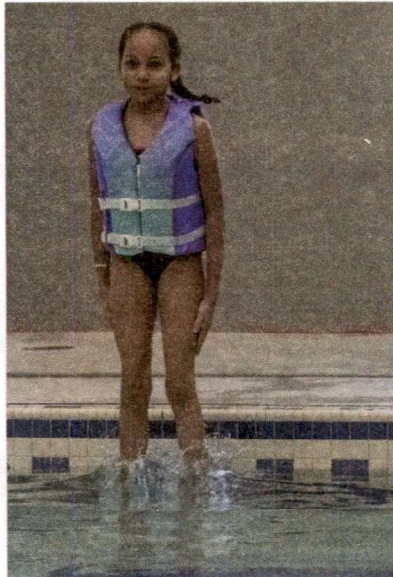
It is required that everyone, Cub Scouts and adults, wear a level 70 life jacket or above during paddle craft activities.

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.

REQUIREMENT 5

Jump feet first into water over your head while wearing a life jacket.
Then swim 25 feet wearing the life jacket.



Swimming with a life jacket is a good way to gain confidence. If your paddle craft were to tip over or you were to fall off your stand-up paddle board, you would know how to be able to get back on your paddle craft. Paddle craft are designed to float even if they fill with water, so it is best to stay with your paddle craft if you tip over or fall off.



REQUIREMENT 6

Demonstrate how to enter and exit a canoe, kayak, or stand-up paddle board safely.

CANOE

Start with putting the canoe in the water with the stern (back of the boat) first. Make sure the canoe is fully in the water to avoid "bridging" where part of the boat is still on land and the other part in the water. Bridging makes the canoe unstable and dangerous.

Whenever you enter, exit, or move about a canoe, always keep three points of contact by keeping both hands on the gunwales (sides of the canoe) and moving one foot at a time. Stay low by hunching your back and bending your knees; this will make it easier to keep your balance.

Standing outside the canoe in the water, the bow (front) paddler steadies the bow with their knees while holding on to the bow deck plate. Next, with their paddle already in the canoe, the stern (back) paddler steps into the boat on the center line, facing the bow (front), then backs up to the stern and sits or kneels into their position, keeping three points of contact.



Once in position, the stern paddler places their paddle in the water with the blade parallel to the canoe, up to the throat and holds the paddle shaft against the side of the canoe, locking their thumb of the shaft hand over the gunwale. This will reduce the side-to-side motion of the canoe as the bow (front) paddler gets in. The bow paddler places their paddle in the canoe and enters the canoe in the same way the stern (back) paddler did going to the center of the canoe. The stern (back) paddler is in their position, and the bow (front) paddler is in the center of the boat. The bow of the boat will float free of the shoreline. The stern (back) paddler back paddles away from the shoreline, and the bow (front) paddler moves forward to their paddling position.

KAYAK

When you kayak, you are to always have a buddy, even if you are using a one-person kayak. Buddies with their own kayaks stay close together when they paddle. Having a buddy is for safety, but it also makes it easier to enter and exit a kayak.

Start with the kayak on a shallow shoreline. As with a canoe, you will get wet, so wear appropriate shoes for the water.

To keep your kayak stable, bring it parallel to the shore. Use your paddle for balance by placing one end on the



shore bank and the other end just behind the cockpit rim of the kayak. Try to keep three points of contact with the boat, such as both hands and a foot, or both feet and your seat. Never try to stand in a kayak. Instead, slide your legs in and out of the cockpit. Move slowly and keep your body low.

Getting out of a kayak is like getting in. As you approach the shallow shoreline, paddle the kayak so that it is parallel with the shore. Use your paddle to stabilize the kayak like you did when you got in. Lift yourself out of the cockpit and sit on the back of the kayak just behind the cockpit. Take your leg out of the cockpit and place it on the shore. Keeping three points of contact, take your second leg out to exit the kayak.

STAND-UP PADDLE BOARD

Start with the stand-up paddle board on a shallow shoreline. Grab each side of the paddle board with your hands. Staying low, get on the board using your knees. Place the paddle in front of you parallel to your knees. Stay centered on the stand-up paddle board. Holding on to the paddle shaft with both hands, slowly stand up while keeping hands on the paddle. Stay centered on the paddle board with your feet square to your shoulders and start to paddle.

To get off a stand-up paddle board, approach the shallow shoreline slowly. As you approach, lower yourself so you are on your knees, like you were when you started. If the shoreline is soft, wait for the stand-up paddle board to hit the shoreline, then grab each side of the paddle board with your hands and carefully step off.



REQUIREMENT 7

Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddle board.

It's always a good idea to get wet before you get into a paddle craft. Wanting to stay dry when using a paddle craft only adds to the fear of tipping over or falling off. If your canoe or kayak tips over or you fall off your stand-up paddle board, the first thing to do is remain calm.

The No. 1 rule is to stay with your paddle craft. If you can get back in your paddle craft safely, you'll be surprised to find out that most canoes and kayaks can be paddled even when they are full of water. Paddle your way back to safety. Your buddy boat is there to help.



REQUIREMENT 8

Learn how to pick a paddle that is the right size for you. Explore how the paddle craft responds to moving the paddle.

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, crouch down on land like you would sit or kneel 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.



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



(side to side) 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 PADDLE BOARD PADDLE

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

PADDLE STROKES

When 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. 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.

Power Stroke.

Paddle strokes have three parts. The parts below describe how to move a paddle craft forward using a power stroke.

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

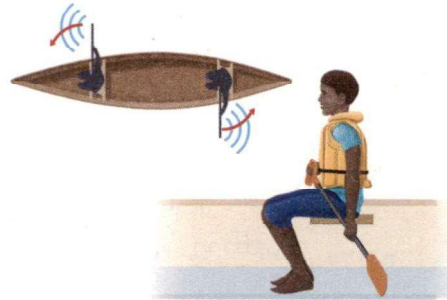
► **Power.** Pull backward.

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

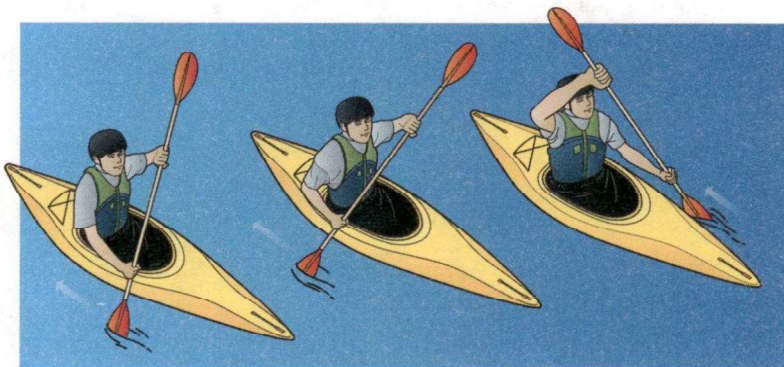


Backstroke. To do the backstroke, push on the paddle instead of pulling.

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.



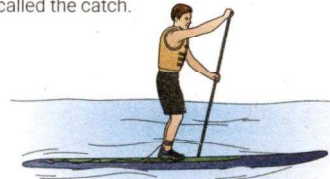
To paddle, pick one side of the paddle to start with and place it forward in the water and pull back. Then place the other side of the paddle in the water and pull back. Rotate your body as you paddle so your arms are not doing all the work.

A stand-up paddle board 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'll get from each stroke. Hold the paddle so that it's comfortable.

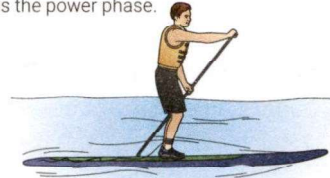
Now it's your chance to demonstrate these steps. You can practice before you get into a boat by standing in knee-high water and paddling like you would if you were in or on your paddle craft. Using a real paddle, demonstrate the correct form for paddling.



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



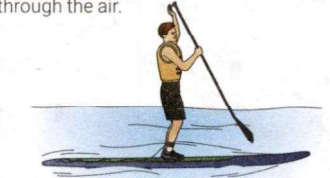
Pull the board toward the paddle blade. This is the power phase.



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.

REQUIREMENT 9

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



Follow Safety Afloat. Make sure that you are on flat water and check the weather. A flat-water lake or river can become difficult to paddle in if it is windy. You want good paddling conditions when you're learning.

Canoes, kayaks, and stand-up paddle boards are all different. You may find that you like one better than the other or that you like all of them.