

Make a Splash With Canoeing, Kayaking, and Stand Up Paddleboarding

Long before people voyaged across the oceans in ships powered by sails and engines, they began to cross the water using paddlecraft. Early in human history, what started off as swimming with something that floated turned into building rafts and using a device for paddling. Simple boats gradually became more refined and more efficient. For example, people in the north needed protection from the cold, so they created kayaks, which have covered decks and can be righted if capsized.

Even the paddle itself has changed through the years. With the popularity of stand up paddleboards (SUPs), the basic paddle has been extended to allow more comfort and better performance. Today, there is a wide variety of watercraft. Which type of paddlecraft your group chooses will likely be based on location, availability, and interest. Regardless, you will master the same skills as people from long ago. Whether you conquer whitewater or travel through the Boundary Waters with the Northern Tier National High Adventure Program, you will make a splash and have fun doing it.

Objectives

This month's activities should:

- Provide Scouts an understanding of basic paddle sport safety practices.
- Teach Scouts the key components of a canoe, kayak, and/or stand up paddleboard.
- Let Scouts learn and practice proper paddling behavior.
- Encourage Scouts to work as a team to plan an on-water outing.
- Emphasize the use of outdoor ethics to help protect the environment.
- Foster a sense of communion with nature and God.
- Build self-confidence by learning and demonstrating skills.

RELATED ADVANCEMENT AND AWARDS

- Tenderfoot requirement 1
- Second Class requirement 3a
- First Aid requirement 3
- Canoeing, Kayaking, and Whitewater merit badges
- Kayaking BSA award
- BSA Stand Up Paddleboarding Award
- 50-Miler Award
- Canoe Camping and Whitewater Canoeing Varsity Scout activity pins
- Ranger: Watercraft elective
- Quest requirement 5

Leadership Planning

As a leadership team, you may want to discuss the following items when choosing paddle sports as your program feature during your planning meetings.

1. What is your unit's current skill level?
2. Do we know a canoeing expert or a certified instructor?
3. What equipment will we need? Where will we get it?
4. What will we do for the main event?
5. Do we know anyone who is Safety Afloat trained?
6. What additional subtopics would fit well with this feature?
7. How will we get access to canoes, kayaks, and/or SUPs?
8. How can we involve parents?
9. How can we incorporate Scout skills and advancement into the main event?
10. To meet our needs, what should we change in the sample meeting plans?

PARENTS CAN HELP WITH THE PADDLE SPORTS PROGRAM FEATURE BY:

1. Loaning equipment (canoes, paddles, life jackets, etc.)
2. Providing transportation and leadership for the main event
3. Hauling gear to the campsite if it can't be transported in boats
4. Providing expertise in canoeing, kayaking, or stand up paddleboarding
5. Researching places in your area to canoe, kayak, or paddleboard



SIZING YOUR LIFE JACKET

On land, have a buddy stand behind you and firmly pull up both shoulder straps. If the shoulder straps pull up to ear level, the life jacket doesn't fit snugly enough. Readjust the jacket or try a smaller size or different style.

In calm, shallow water, test the fit of a life jacket by relaxing your body and tilting your head back. It should keep your chin well above water. If it doesn't, readjust for a snugger fit or try a life jacket with a higher buoyancy rating. Check the label to find the rating.

TYPES OF PADDLE SPORTS

Paddlecraft refers to any human-powered watercraft that is propelled and maneuvered by a handheld paddle. This program feature focuses on canoes, kayaks, and stand up paddleboards.

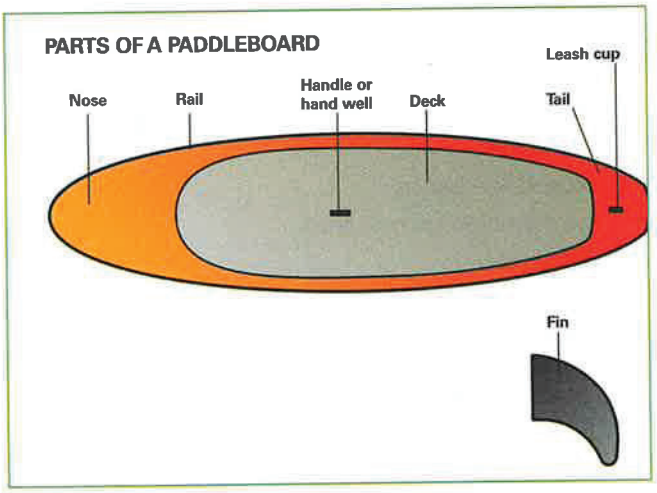
Canoe. The basic canoe is one of the oldest watercraft designs known to humankind. Throughout history, canoes have been made with whatever materials were found locally. Most early canoes were carved out of logs or made from bark stretched over a wooden frame. As new materials were developed, it became popular to make canoes out of fabric and aluminum. These materials allowed canoes to be both lighter and stronger. Modern canoes can be made of synthetic materials like plastic, fiberglass, and Kevlar® with carbon fiber.

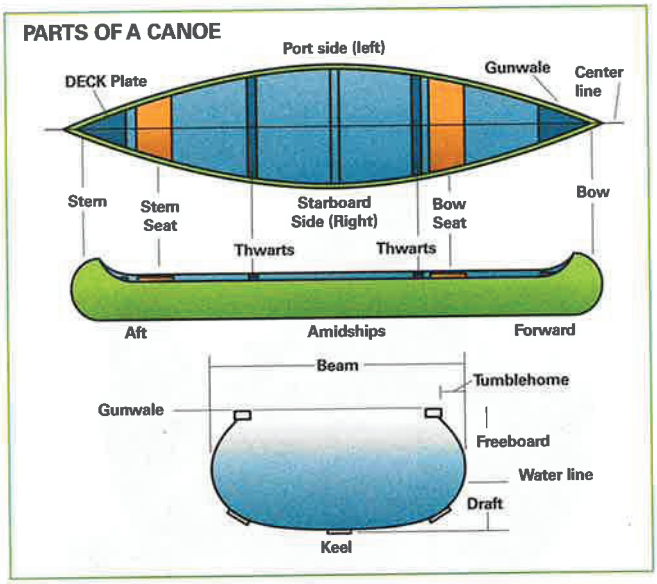
Kayak. Originally developed in the far north to enable native peoples to cross cold water safely, kayaks are designed to roll upright if they capsize. The original kayaks were created by stretching waterproof skins over a wooden frame. Today's kayaks are made with just as many diverse materials as canoes are, but they are also designed for very specific purposes. Your group should decide whether it will choose recreational, touring, whitewater, or sit-on-top kayaks.

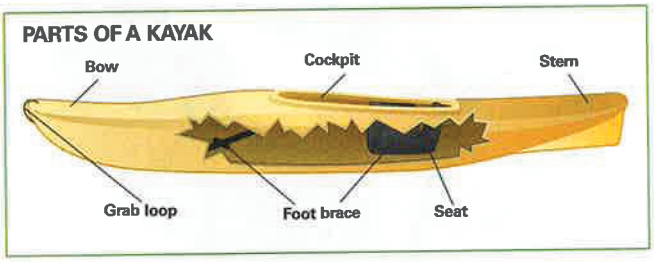
Stand up paddleboard. The fastest growing type of paddlecraft is the stand up paddleboard (SUP) in which a paddler stands atop a long, buoyant "surfboard" and uses a paddle with an extended shaft. Many of the paddle strokes are very similar to those used in canoeing, and SUPs have fins that allow tracking in a straight line. Modern-day stand up paddleboarding takes much of its terminology from the surfing culture. For example, the front and back of an SUP are called the nose and tail, rather than the boating terms "fore" and "aft."

Parts of Paddlecraft

While most paddlecraft have similar parts, there are differences between kayaks, canoes, and SUPs.







Paddle Sports Equipment

To participate safely in paddle sports, all participants need:

- Life jacket (also known as a personal flotation device, or PFD)
- Canoe, kayak, or SUP
- Paddle
- Swimwear
- Closed-toe shoes
- Appropriate warm clothes
- Sunscreen
- Whistle or other signaling device
- Water bottle and snacks

Also consider having:

- Wide-brimmed hat
- Sunglasses, preferably with a strap
- Waterproof camera
- Bilge pump and/or sponge (for kayaks and canoes only)



Paddlecraft Safety

For any BSA activity afloat, participants must understand and respect the Safety Afloat plan. For more detailed information about aquatics safety, see the *Guide to Safe Scouting* at http://www.scouting.org/scoutsource/HealthandSafety/GSS.aspx.

1. **Qualified supervision.** All paddle sports activities must be supervised by a mature and conscientious adult who understands and knowingly accepts responsibility for the well-being and safety of the youth and who is experienced with the type of paddlecraft and activity under consideration. One adult supervisor is required for every 10 participants, with a minimum of two for any one group. All supervisors must complete Safety Afloat and Safe Swim Defense training, and at least one must be trained in cardiopulmonary resuscitation (CPR).

Safety Afloat

2. **Personal Health Review.** The supervisor should review the health histories of all participants and adjust the activity to anticipate risks associated with individual health conditions.



3. **Swimming ability.** Every participant who intends to train for or paddle a solo kayak, canoe, or SUP at a Scouting function must be classified as a swimmer by completing the 100-yard BSA swimmer classification test. For activity afloat, those not classified as swimmers are limited to multiperson craft during outings or float trips on calm water with little likelihood of capsizing or falling overboard. They may ride as a buddy in a tandem paddlecraft with an adult swimmer skilled in that craft.
4. **Life Jackets.** Properly fitted U.S. Coast Guard–approved life jackets must be worn by all persons engaged in paddle sports. Type III life jackets are recommended for general recreational use.
5. **Buddy system.** Scouts never go on the water alone. Every person must have a buddy, and every craft on the water must have a "buddy boat."
6. **Skill proficiency.** All persons participating in activity afloat must be trained and practiced in craft-handling skills, safety, and emergency procedures. Anyone classified as a swimmer may engage in paddle sports training provided by a qualified instructor. For unit recreational activities in calm, confined waters, participants need to be able to control their paddlecraft adequately to return to shore. Units taking day or overnight trips on calm water should have the skills required for the BSA award or merit badge for their chosen paddlecraft (e.g. canoe, kayak, or SUP). Paddle sports activities on rivers or the ocean require training beyond that obtained from the basic BSA awards.
7. **Planning.** Before Scouts go afloat, they develop a float plan detailing their route, time schedule, and contingency plans. The float plan considers all possible water and weather conditions and all applicable rules or regulations, and is shared with all who have an interest.

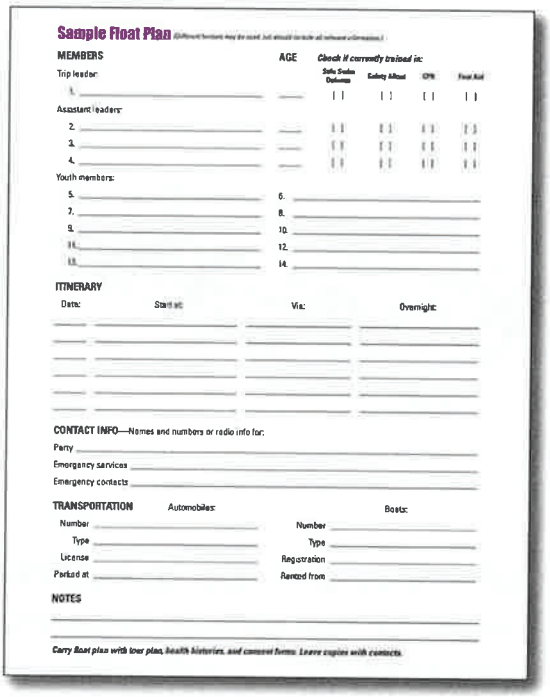
- **Preparation.** Be sure you have the proper equipment and can safely transport gear and participants to the site. Follow state and local regulations, and be sure to obtain permission to use or cross private property. Select a route appropriate for the group, check water levels, and determine alternative pull-out locations. Consult those who have traveled the route recently.



OTHER SAFETY CONSIDERATIONS

All groups need to check the paddling location for fixed hazards (rocks, current, bottom conditions, fishing hooks, trees, etc.) and mobile hazards (other people, other watercraft, weather conditions). Be sure to choose protected sites. All paddlers must wear life jackets at all times. Ideally, life jackets should be worn anytime Scouts are within 10 feet of the water. Closed-toe shoes will protect feet from blisters in the boat and foot injuries outside the boat. Be sure that adequate instructor-to-student ratios are maintained and that groups aren't excessively separated.

- **Float Plan.** Complete the preparation by writing a detailed itinerary, or float plan, noting put-in and pullout locations and waypoints, along with the approximate time the group should arrive at each. Travel time should be estimated generously.



Sample Float Plan

MEMBERS **AGE** *Check if currently trained in:*

Trip leader:

1. _____ ____ Safe Swim Defense ☐ Safety Afloat ☐ CPR ☐ First Aid ☐

Assistant leaders:

2. _____ ____ ☐ ☐ ☐ ☐

3. _____ ____ ☐ ☐ ☐ ☐

4. _____ ____ ☐ ☐ ☐ ☐

Youth members:

5. _____ 6. _____

7. _____ 8. _____

9. _____ 10. _____

11. _____ 12. _____

13. _____ 14. _____

ITINERARY

Date: Start at: Via: Overnight:

CONTACT INFO—Names and numbers or radio info for:

Party _____

Emergency services _____

Emergency contacts _____

TRANSPORTATION Automobiles: Boats:

Number _____ Number _____

Type _____ Type _____

License _____ Registration _____

Parked at _____ Rented from _____

NOTES

_____

_____

Carry float plan with tour plan, health histories, and consent forms. Leave copies with contacts.

- **Notification.** File the float plan with parents, the local council office if traveling on running water, and local authorities if appropriate. Assign a member of the unit committee to alert authorities if prearranged check-ins are overdue. Make sure everyone is promptly notified when the trip is concluded.
- **Weather.** Check the weather forecast just before setting out, and keep an alert weather eye. Anticipate changes and bring all craft ashore when rough weather threatens. Wait at least 30 minutes before resuming activities after the last incidence of thunder or lightning.
- **Contingencies.** Planning must identify possible emergencies and other circumstances that could force a change of plans. Develop alternative plans for each situation. Identify local emergency resources such as EMS systems, sheriff's departments, or ranger stations. Check your primary communication system, and identify backups, such as the nearest residence to a campsite. Cell phones and radios may lose coverage, run out of power, or suffer water damage.

8. **Equipment.** All equipment must be suited to the craft, the water conditions, and the individual. Equipment must be in good repair and meet all applicable standards. Appropriate rescue equipment must be available. Whitewater paddling requires the use of safety helmets. During treks, safety gear such as navigation aids, weather radios, individual signal devices, throw bags, first-aid kits, spare paddles, and spare clothing should be carried in the kayaks, canoes, SUPs, and/or other support craft.
9. **Discipline.** Scouts must know and respect the rules, and always follow instructions from the adults supervising the activity afloat. Rules and safety procedures should be reviewed before each group launch.



PADDLE SPORTS GAMES

Life Jacket Relay

Equipment: One life jacket per team

How to play: This is a shuttle relay where teams compete to put on a life jacket properly. Half of each team lines up facing the other half of the team on the other side of the room. The first member of each team properly puts on the life jacket, runs across the room to the other half of the team. He or she then takes off the life jacket and passes it to the next team member, who repeats the process.

Scoring: First team to have all of its members wear the life jacket correctly wins.

Mobile Boat

Equipment: One canoe and one dolly for each team, cones for the course

How to play: Fasten a canoe on a roller dolly. Position one team member at the bow and one at the stern, each holding on to an end line. A path is set up using cones. One or more paddlers in the canoe execute strokes that will move the boat through the course. Scouts at the bow and stern move the canoe in the direction of the strokes the paddler executes.

Scoring: This is a timed race. Five-second penalties are given for hitting cones or going off track, or when the motion of the canoe does not match the motion of the paddlers.

Notes: This game also can be played with inflatable kayaks, but you should avoid fiberglass boats. This is not a good exercise to do with stand up paddleboards.



Paddler Tug of War

Equipment: Two or more 20-foot ropes

How to play: Stretch out the rope and put half the group on each end to form two teams. Each team then selects a "paddler," who sits perpendicular to the middle of the other team's rope. The paddler then grabs the rope with both hands. When signaled to start, each team tries to get the other team's paddler off balance or make the paddler let go of the rope. Try from both a seated and kneeling position.

Scoring: Every time the paddler lets go of the rope or falls, the opposing team gets a point.

Note: Discuss how the "paddlers" kept their balance or lost their balance, and how that translates to canoeing or kayaking.

Dress for Success

Equipment: Duffel bag for each team, full of proper paddling apparel (including life jackets, footwear, etc.) and apparel not suitable for a paddling outing (flip flops, cutoff jeans, cotton hoodies, etc.); four cards identifying the type of paddling (coldwater, spring/fall, summer) and the worst outfit.

How to play: A card is drawn, and each team has 60 seconds to find the best outfit for that type of paddling and have one member put it on. Have the group debrief as to what they chose and why.

Scoring: Have a judge determine which group chose the best outfit.

Note: A modification of this game puts all the equipment in one big pile at the far end of the room; each member races up to get one piece of clothing.

E.D.G.E. Ideas

***E**xplain* how it is done—Tell them.
***D**emonstrate* the steps—Show them.
***G**uide* learners as they practice—Watch them do it.
***E**nable* them to succeed on their own—Have them practice/teach it.

EXPLAIN

- Explain the different types of life jackets.
- Discuss paddle sport safety and hazards.
- Review no-trace principles and their application to water activities.
- Explain proper paddling behavior.
- Explain how to properly select and size equipment (life jacket, paddle, and canoe).
- Explain how to dress properly for paddling in various weather conditions.

DEMONSTRATE

- Show how to properly fit a life jacket.
- Show how to properly size a canoe, kayak, or SUP paddle.
- Show how to properly carry a canoe, kayak, or SUP.
- Demonstrate different paddle strokes.
- Show Internet videos of Olympic paddle sports events.
- Distribute copies of a model float plan.

GUIDE

- Have Scouts select properly sized life jackets and paddles.
- Have Scouts practice transporting equipment from vehicle to water and back.
- Plan a race where Scouts demonstrate the proper use of knots for securing the canoe to a vehicle or rack.
- Conduct Safety Afloat training with youth leaders.
- Plan a game that requires Scouts to label the parts of a boat or paddle.

ENABLE

- Set up a slalom course on a lake to let Scouts practice strokes.
- Plan an on-water day trip.
- Have Scouts demonstrate proper use of paddling behavior when on the water.
- Compete in a canoe, kayak, or SUP race.
- Have Scouts teach others paddling techniques.

MAIN EVENT SUMMARIES

ESSENTIAL	CHALLENGING	ADVANCED
Day Activity	Overnight Activity	Day Activity
A day of paddling—Spend a day on the water learning and practicing basic paddling skills. Using local guidebooks and experienced paddlers, identify a location in your area for a flatwater, half-day canoe, kayak, or SUP trip. Be sure to pair more experienced paddlers with less experienced paddlers. This is a great activity to involve, especially with younger youth members.	Paddling trip—Plan, prepare, and execute an overnight canoeing campout. This outing should include paddling, camping, navigation, and possibly other activities like geocaching. Be sure to practice no-trace techniques.	Paddling competition—Participate in a canoe, kayak, or SUP race, or put on a race of your own.

PADDLE SPORTS

Meeting Plan: Safety Afloat and Equipment

Week 1 Date_____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	As Scouts arrive, show Internet videos of Olympic canoeing competitions.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law Uniform inspection		7 p.m.
Group Instruction 5 minutes	Review Safety Afloat.		7:10 p.m.
Skills Instruction 45 minutes	• Review the buddy system. • Learn the purpose of a life jacket. • Learn the part of a canoe, kayak, or stand up paddleboard.		7:15 p.m.
	• Review the above skills. • Learn how to select a life jacket. • Identify potential hazards while paddling.		
	• Review the above skills. • Compare and contrast the different types of life jackets. • Make a list of first-aid supplies needed for a paddling trip.		
Breakout Groups 15 minutes	• Put on and properly fit a life jacket. • Using cards, properly identify the parts of a canoe. Label the parts by attaching preprinted cards.		8 p.m.
Game 10 minutes	• Play Life Jacket Relay (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.

PADDLE SPORTS

Meeting Plan: Paddling Basics

Week 2 Date_____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Play Dizzy Paddle Standoff. In pairs, Scouts run up to two paddles lying on the ground a short distance away. Each Scout stands a paddle on end, butts his nose against the tip, and spins seven times. The first player to return to the starting point wins.		6:45 p.m.
Opening Ceremony 15 minutes	Flag presentation Oath and Law Uniform inspection		7 p.m.
Group Instruction 10 minutes	• Provide an overview of how wind, weather, and waves affect paddlers. • Review hazards while paddling on rivers and in the ocean. • Describe basic on-water navigation rules.		7:10 p.m.
Skills Instruction 35 minutes ●	• Identify parts of a canoe paddle. • Learn proper sizing of canoe paddles. • Learn proper hand positioning. • Learn basic paddle stroke concepts. • Blade angle and position • Shaft angle and position • Learn basic paddle strokes: forward stroke, backstroke, draw stroke, pry stroke.		7:15 p.m.
■	• Review the above skills. • Learn about different types of canoe paddles. • Learn additional paddle strokes: sweep (forward, reverse), rudder stroke.		
◆	• Review the above skills. • Compare the effects of strokes when paddling solo vs. tandem.		
Breakout Groups 15 minutes	• Plan group duty roster for the main event. • As a group, review and assist each other with proper paddle stroke technique.		8 p.m.
Game 10 minutes	Play Mobile Boat (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team review plans for the next meeting and for the main event.		

*All times are suggested.

PADDLE SPORTS

Meeting Plan: Emergencies and Rescues

Week 3 Date_____

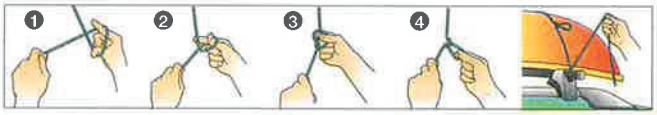
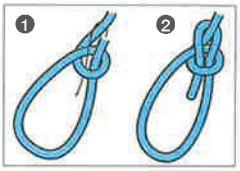
ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Demonstrate commercial and/or homemade versions of containers for keeping supplies dry in canoes.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law		7 p.m.
Group Instruction 15 minutes	Discuss the most common injuries that occur while paddling and how to treat them.		7:10 p.m.
Skills Instruction 35 minutes	• Review the parts of a canoe. • Learn the proper technique for entering and exiting a canoe. • Learn the proper technique for loading a canoe.		7:25 p.m.
	• Review the above skills. • Learn the proper technique for re-entry into a canoe in deep water.		
	• Review the above skills. • Learn the proper technique for completing an assisted rescue.		
Breakout Groups 15 minutes	• Describe and demonstrate proper canoe loading and unloading (gear and paddlers). • Discuss what you should do with paddlers of significantly different sizes (e.g., young Scout and adult). • Continue planning for group participation in the main event.		8 p.m.
Game 10 minutes	Play Paddler's Tug of War (described earlier)		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event. Make plans for swim tests if members haven't had them within the past year.		

*All times are suggested.

PADDLE SPORTS

Meeting Plan: Transportation and Logistics

Week 4 Date_____

ACTIVITY	DESCRIPTION	RUN BY	TIME*
Preopening 15 minutes before meeting	Conduct a shakedown of personal gear for the main event.		6:45 p.m.
Opening Ceremony 10 minutes	Flag presentation Oath and Law		7 p.m.
Group Instruction 10 minutes	Explain and demonstrate the proper way to load a canoe, kayak, and stand up paddleboard on a cartop and trailer.		7:10 p.m.
Skills Instruction 40 minutes	• Learn the basic knots used for transporting a canoe: bowline, trucker's hitch **Trucker's hitch**  **Bowline knot**  **Use a bowline knot to attach ropes to the bow and stern of the boat, followed by two half hitches (shown here) to secure the rope to the bumpers.** • Learn proper canoe-carrying techniques.		7:20 p.m.
	• Review the above skills. • Learn how to properly load and unload paddlecraft on a vehicle. • Learn what equipment is needed for an overnight paddling trip. • Learn other safety considerations required for an overnight paddling trip.		
	• Review the above skills. • Learn what equipment is needed for a high-adventure paddling trip. • Learn about the safety considerations required for a high-adventure paddling trip.		
Breakout Groups 15 minutes	Complete a detailed trip plan for the upcoming main event.		8 p.m.
Game 10 minutes	Play Dress for Success (described earlier).		8:15 p.m.
Closing 5 minutes	Announcements Leader's minute Closing		8:25 p.m.
Total 90 minutes of meeting			
After the Meeting 15 minutes	Leadership team reviews plans for the next meeting and for the main event.		

*All times are suggested.

PADDLE SPORTS
Main Event: A Day of Paddling

Date_____

Logistics

Location: _____

_____

Departure time: _____

Return time: _____

Duration of activity: 4 hours

Budget: Completed _____ Approved _____

Camping: Duty roster_____ Menu _____

Transportation: Group _____ Self_____

Tour and activity plan: Completed_____ Submitted _____

Essential (Tier I)

Spend a day on the water learning and practicing basic paddling skills. Using local guidebooks and experienced paddlers, identify a location in your area for a flatwater, half-day canoe, kayak, or SUP trip. Be sure to pair more experienced paddlers with less experienced paddlers. This is a great activity to involve parents, especially with younger Scouts.

Equipment List	• Canoes, kayaks, or SUPs • Appropriate apparel, including footwear, for weather conditions and potential capsize • Paddles (one per Scout plus two spare paddles for leaders' boats) • Life jackets • First-aid kit • Water-protected cell phones (for adults) • Lunch (this can be a group lunch event) • Dry bags for extra gear while on the water • Water • Sunscreen • Scout Basic Essentials (Review the list and take what you need.)
Activity	• Identify the local waterway for the activity. • Travel to put-in location with equipment. • Have members partner with others of different ability levels (parents accompany younger youth). • While on the water, set up a slalom course for paddlers to navigate boats through using various paddle strokes. • Go on a short paddling trip, practicing proper paddling etiquette and group management. • Return to the starting point and load up for the trip home.
Safety	Use the buddy system. Adult leaders should have dry bags and cell phones. Follow Safety Afloat policies, and take a first-aid kit.

Notes

PADDLE SPORTS

Main Event: Overnight Paddling Trip

Date_____

Logistics

Location: _____

_____

Departure time: _____

Return time: _____

Duration of activity: Overnight

Budget: Completed _____ Approved _____

Camping: Duty roster_____ Menu _____

Transportation: Group _____ Self_____

Tour and activity plan: Completed_____ Submitted _____

Challenging (Tier II)

Plan, prepare, and execute an overnight canoeing campout. This outing should include paddling, camping, navigation, and possibly other activities like geocaching. Be sure to practice no-trace techniques.

Equipment List	• Canoes, kayaks, or SUPs • Water-protected cell phones (for adults) • Paddles (one per Scout plus two spare paddles for leaders' boats) • Dry bags for extra gear while on the water • Life jackets • First-aid kit • Group camping gear • Water • Sunscreen • Scout Basic Essentials (Review the list and take what you need.) • Personal camping gear • Food • Appropriate apparel, including footwear, for weather conditions and potential capsize
Activity	• Choose your on-water trip location, including the campsite, and plan a campout. • Review equipment needs and confirm all is available. • Meet and travel to put-in location. • Pack boats and equipment. • Paddle to camp, set up camp, prepare meals, have camp fire programs, etc. • Consider adding outdoor activities like geocaching. • Plan a service project to clean up part of the riverbank or campsite. • Pack up camp and equipment, and paddle to the take-out location.
Safety	Use the buddy system; adult leaders should have dry bags and cell phones. Follow Safety Afloat policies and track locations throughout the time on the water. Take a first-aid kit, map, and compass. Practice proper campsite safety.

Notes

Stand up paddleboards are difficult overnight outings unless the equipment can be transported by other means.

PADDLE SPORTS

Main Event: Paddling Competition

Date_____

Logistics

Location: _____

_____

Departure time: _____

Return time: _____

Duration of activity: Weekend

Budget: Completed _____ Approved _____

Camping: Duty roster_____ Menu _____

Transportation: Group _____ Self_____

Tour and activity plan: Completed_____ Submitted _____

Advanced (Tier III)

Participate in a canoe, kayak, or SUP race or put on a race of your own.

Equipment List	• Canoes, kayaks, or SUPs • Paddles • Life jackets • First-aid kit • Appropriate racing clothing • Rescue equipment as appropriate • High-energy meals • Water • Sunscreen • Scout Basic Essentials (Review the list and take what you need.) • Overnight gear as appropriate
Activity	• Find a race appropriate to your skill level. If there is no race, consider putting on your own event. • Practice and train for the event. • Prepare equipment. • Transport to the race location. • Race. • Camp as appropriate. • Return home. • Clean and put away equipment.
Safety	Properly warm up and stretch before the race to avoid injury. Ensure paddlers' skill level is appropriate for the racecourse. Follow Safety Afloat policies, and use the buddy system. Take a first-aid kit.

Notes

A list of sanctioned paddling race events, as well as information for putting on your own race, can be found on the American Canoe Association website at www.americancanoe.org/?page=Competition

REFERENCES

Books

Canoeing, Kayaking, and *Whitewater* merit badge pamphlets

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Websites

American Canoe Association
Website: www.americancanoe.org

BSA Aquatics
Website: www.scouting.org/scoutsource/outdoorprogram/aquatics

Paddling.net
Website: www.paddling.net

USA Canoe/Kayak
Website: www.teamusa.org/USA-Canoe-Kayak.aspx

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