



Canoeing

Name _____

The purpose of this badge is to learn the basic terminology and skills to safely control a canoe on flat-water in preparation for a river trip or mixed river and lake back country trip. All canoeing activities in the water or at the waterfront require wearing of a properly fitted personal flotation device (PFD) and must follow the Safe Aquatics Method and the Trail Life USA Health and Safety Guide. All persons participating in Canoeing Trail badge for credit or as a canoe partner, must have completed requirement one or the equivalent prior to working on the in canoe portion of the Trail Badge starting at requirement 5.

Do all of the following requirements (1-11)

Preparation

- ____1. Complete the Aquatics Trail Badge or do the following before doing in canoe requirements:
 - ____a. Complete the Swimming Competency Test at the Swimmer level.
 - ____b. Demonstrate the proper way to put on a personal flotation device (PFD)
 - ____c. Demonstrate that the PFD is properly fitted for your use.
 - ____d. Explain why a PFD should always be worn while canoeing.
 - ____e. Demonstrate throwing a floatable object to a distressed person in the water.
- ____2. Participate in a Safe Aquatics Method and canoeing safety orientation that includes the following:
 - ____a. Discussion with your Mentor about your personal swimming abilities, comfort with being near or in the water, and their impact on your canoeing choices
 - ____b. Explanation of the importance of sun protection while on the water
 - ____c. Explanation of weather conditions that preclude canoeing activities

- _____d. Explanation of appropriate clothing for canoeing at the water front and for canoeing in the back country
 - _____e. Explanation of the benefits of kneeling in a canoe and conditions under which it may be appropriate to sit in a canoe
 - _____f. Discussion of the basic safety procedures in canoeing for: someone who has fallen overboard, being caught in a sudden storm or in the dark, a capsized canoe.
- _____3. Using pictures or a paddle and a canoe:
- _____a. Identify the parts of a canoe: keel, gunwales, bow, stern, seats, and thwarts.
 - _____b. Identify the parts of a paddle: grip, shaft, neck, blade and tip.
 - _____c. Identify and explain what keeps the canoe afloat.
 - _____d. Demonstrate or explain how to pick the proper paddle for your height.

Strokes and Paddling

- _____4. On dry land or kneeling on a dock, practice and demonstrate on both sides the following:
- _____a. Properly holding a paddle
 - _____b. Feathering a paddle
 - _____c. Straight: forward stroke, hold water, reverse stroke (back paddle)
 - _____d. Turning: J stroke (stern only), forward sweep, reverse sweep, draw, push away
- _____5. While positioned in the bow of the canoe with a partner in the stern, comfortably demonstrate the following on both sides:
- _____a. Properly holding a paddle
 - _____b. Feathering a paddle
 - _____c. Straight: forward stroke, hold water, reverse stroke (back paddle)
 - _____d. Turning: forward sweep, reverse sweep, draw, push away

- _____e. Pivot your canoe in a full circle to the starboard and a full circle to the port.
- _____f. Paddle in a straight line for 150 yards using strokes commanded by partner in stern
- _____6. Demonstrate how to properly change positions while in a canoe.
- _____7. While positioned in the stern of the canoe with a partner in the bow, comfortably demonstrate the following on both sides:
 - _____a. Properly holding a paddle
 - _____b. Feathering a paddle
 - _____c. Straight: forward stroke, hold water, reverse stroke (back paddle)
 - _____d. Turning: J stroke (stern only), forward sweep, reverse sweep, draw, push away
 - _____e. Pivot your canoe in a full circle to the starboard and a full circle to the port.
 - _____f. Using J-stroke and any others in combination with strokes commanded for the partner in the bow, paddle in a straight line for 150 yards
- _____8. With a partner, demonstrate how to safely do the following:
 - _____a. Carry a canoe from storage to the launch site.
 - _____b. Launch a canoe from a dock and from shore.
 - _____c. Properly hold the canoe for your partner to enter.
 - _____d. Get in and out of a canoe.
 - _____e. Kneel properly in a canoe for the best stability and power.
 - _____f. Stow your paddle.
 - _____g. Secure your gear using square knots.
 - _____h. Land a canoe at a dock and at the shore.
 - _____i. Remove the canoe from the water; carry it back and put it away.

Rescues

- _____9. Demonstrate how to rescue someone who has fallen out of a canoe.

- _____a. While in deep water with a partner and an empty canoe, demonstrate that you can enter the canoe while the partner remains in the water holding the gunwale for stability.
- _____b. Once in the canoe, use your weight to stabilize the canoe while your partner in the water also enters.
- _____10. Learn and then demonstrate how to properly capsize your canoe.
 - _____a. Once capsized, turn the swamped canoe over and get into it. Hand paddle the canoe for a minute.
 - _____b. Get out of the swamped canoe and turn it upside down again and swim the canoe at least 15 yards to shallow water.
 - _____c. Now, stand and empty the canoe.
- _____11. Working with another canoe, demonstrate how to do a canoe-over-canoe rescue. Then do the following:
 - _____a. While in deep water with two canoes and two people in each canoe, demonstrate how to rescue an adult-sized person in the water while one person in your canoe holds the gunwales of the second canoe for stability, and the other assists the person getting into the canoe.
 - _____b. Demonstrate how the canoe can be tilted toward a person having difficulty to help them get out of the water, and then tilted to assist lifting them out of the water.
 - _____c. Describe procedures for warming a person who has been rescued from cold water.

Do three of the following optional requirements (12-23)

- _____12. Create a basic first aid and emergency kit that for a one-day river trip that prepares you to respond to at least the following: blisters, sunburn, cuts, heat stroke, dehydration, insect bites or stings, heat exhaustion.
 - _____a. Cuts, scrapes, insect bites or stings, blisters, sunburn
 - _____b. Hypothermia, dehydration, heat exhaustion, and heatstroke
 - _____c. Severe bleeding, breathing emergencies, heart attack, and stroke

- _____d. Person in water in distress or drowning
- _____e. Rough waters due to storms
- _____13. Design a course and have a canoe race while following all safety procedures.
- _____14. Participate in a canoe scavenger hunt with clues that take you to different landing points around the lakeshore.
- _____15. With other canoes, have a splash ball game. Toss the splash balls between the canoes and retrieve them. This will help you learn to maneuver your canoe.
- _____16. With other canoes on a large lake, use landmarks to sight a course that would require a half-hour of paddling and then follow it.
- _____17. In still water over your head, while a canoe is capsized and upside-down there is an air pocket underneath it. Go underneath a capsized canoe and come up into the air pocket and do the following:
 - _____a. While under the canoe you can breathe normally and talk to your partner. Coordinate which direction you will flip the canoe.
 - _____b. Place your hands on opposite gunwales and count to three.
 - _____c. On three, kick hard to lift your chest out of the water and raise your arms to lift and drain the canoe.
 - _____d. Then quickly flip the canoe over. If done properly, much of the water will be out.
 - _____e. Climb in without letting any additional water in and paddle to shore.
- _____18. Learn and demonstrate how to portage a canoe. Explain the situations under which this might be necessary.
- _____19. Define painter and do the following
 - _____a. Point out the attachment points on the bow and stern for painters.
 - _____b. Use a bowline to tie painters to the bow and stern of a canoe and demonstrate lining a canoe through a section of river.
- _____20. Using the **taut-line hitch**, **two half hitches**, and **truckers' hitch as needed**, secure a canoe for transport on a trailer, canoe rack, or car roof (using pads).

- ____21. Take a canoe out solo and demonstrate the following:
- ____a. Proper solo kneeling position
 - ____b. Full circle pivots to starboard and port
 - ____c. Guide the canoe in a straight line for 150 yards.
- ____22. Create a float plan for your next paddling trip and do the following:
- ____a. Explain why is a float plan important and who should have a copy.
 - ____b. List the personal and group equipment needed for an overnight paddle trip.
 - ____c. Demonstrate the proper way to stow and secure equipment.
 - ____d. Demonstrate the use of waterproof dry bags for canoe expeditions.
- ____23. Learn about canoe and paddle designs and do the following:
- ____a. List at least four materials used to make canoes and their advantages and disadvantages.
 - ____b. List the kind and amount of repair materials and tools you should keep or carry on trips for each canoe material.
 - ____c. Describe proper maintenance and upkeep for canoes including storage, transportation and repairs.
 - ____d. Explain how length, beam and shape of canoes affect their handling and how to choose a canoe design best for trip type and water characteristics.
 - ____e. Explain which type of paddle should be used based on type of trip, water conditions and whether you are solo or paddling with a partner.

Trail Badge Mentor Signature

Date

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