



**TRAIL
LIFE
USA**

Kayaking

Name _____

The purpose of this badge is to learn the basic terminology and skills to safely control a kayak on flat-water in preparation for a sea trip, river trip, or mixed river and lake back country trip. All kayaking 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.

Do all of the following requirements (1-8)

Preparation

- ____1. Complete the Aquatics trail badge or do the following:
 - ____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 kayaking.
 - ____e. Demonstrate throwing a floatable object to a distressed person in the water.
- ____2. Participate in a Safe Aquatics Method and kayaking 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 kayaking choices
 - ____b. Explanation of the importance of sun protection while on the water
 - ____c. Explanation of weather conditions that preclude kayaking activities
 - ____d. Explanation of appropriate clothing for kayaking at the water front and for kayaking in the back country
 - ____e. Explanation of the extra care that must be taken to get out of a sit-in kayak with a splash skirt vs. a sit-on-top kayak.
- ____3. Discussion of the basic safety procedures in kayaking for: someone who has fallen overboard, being caught in a sudden storm or in the dark, and a capsized kayak.

- _____a. Using pictures or a paddle and a kayak:
- _____b. Identify the parts of a kayak: hull, cockpit (sit-in), deck (sit-in), carrying handles, bow, stern, starboard, port, seat, and footrests.
- _____c. Identify the parts of a paddle: ferrule, shaft, dip ring, throat, and blade.
- _____d. Identify and explain what keeps the kayak afloat.
- _____e. Demonstrate or explain how to pick the proper paddle for your height.

Strokes and Paddling

- _____4. Standing on dry land, practice and demonstrate following:
 - _____a. Properly holding a paddle
 - _____b. Feathering a paddle with the blade offset at 45 to 60 degrees
 - _____c. Straight: forward stroke, backstroke
 - _____d. Turning: forward sweep, reverse sweep, draw stroke, stern draw
- _____5. While in the kayak, comfortably demonstrate the following:
 - _____a. Properly holding a paddle
 - _____b. Feathering a paddle with the blade offset at 45 to 60 degrees
 - _____c. Stow your paddle.
 - _____d. Straight: forward stroke, backstroke
 - _____e. Turning: forward sweep, reverse sweep, draw stroke, stern draw
 - _____f. Pivot your kayak in a full circle to the starboard and a full circle to the port.
 - _____g. Use a side-to-side sculling stroke to move the kayak abeam starboard five yards and then port five yards.
 - _____h. Paddle in a straight line for 150 yards.
 - _____i. Stop the kayak abruptly.
 - _____j. Kayak in a full circle to the starboard and a full circle to the port.
- _____6. With a helper, demonstrate how to safely do the following:
 - _____a. Carry a kayak from storage to the launch site.

- _____b. Launch a kayak from a dock and from shore.
- _____c. Properly hold the kayak for your helper to enter.
- _____d. Get in and out of a kayak.
- _____e. Secure your gear using square knots.
- _____f. Land a kayak at a dock and at the shore.
- _____g. Remove the kayak from the water; carry it back and put it away.

Rescues

- _____7. Demonstrate how to rescue someone who has fallen out of or flipped a kayak.
 - _____a. With the assistance of the person in the water, demonstrate how to do a kayak-over-kayak rescue to empty the kayak of water.
 - _____b. Help the person who has fallen out of his kayak and is in the water get back into their kayak by stabilizing the empty kayak while they climb in.
 - _____c. Demonstrate how the kayak 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.
 - _____d. Describe procedures for warming a person who has been rescued from cold water.
- _____8. Demonstrate how to properly capsize your kayak and assist with kayak over kayak rescue and perform self-rescue.
 - _____a. While in deep water with a rescuer in a second kayak, demonstrate that you can assist the rescuer with kayak-over-kayak rescue.
 - _____b. While in deep water with a rescuer in a second kayak, demonstrate that you can enter an empty kayak while the rescuer stabilizes the empty kayak for you.
 - _____c. Capsize the kayak again. Turn the swamped kayak over and get into it. Handpaddle the kayak for a minute.
 - _____d. Get out of the swamped kayak and turn it upside down again and swim the kayak at least 15 yards to shallow water.

_____e. Now, stand and empty the kayak.

Do three of the following optional requirements (9-18)

_____9. Create a basic first aid and emergency kit that for a one-day kayak 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

_____10. Design a course with at least two sharp starboard turns and two sharp port turns. Have a kayak race while following all safety procedures.

_____11. Participate in a kayak scavenger hunt with clues that take you to different landing points around the shore.

_____12. With other kayaks, have a splash ball game. Toss the splash balls between the kayaks and retrieve them. This will help you learn to maneuver your kayak.

_____13. With other kayaks on a large lake, use landmarks to sight a course that would require a half-hour of paddling and then follow it.

_____14. Learn and demonstrate how to portage a kayak. Explain the situations under which this might be necessary.

_____15. 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 kayak and demonstrate lining a kayak through a section of river.

_____16. Using the **taut-line hitch, two half hitches, and truckers' hitch as needed**, secure a kayak for transport on a trailer, kayak rack, or car roof (using pads).

_____17. 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 kayak expeditions.
- _____18. Learn about kayak and paddle designs and do the following:
 - _____a. List at least four materials used to make kayaks 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 kayak material.
 - _____c. Describe proper maintenance and upkeep for kayaks including storage, transportation and repairs.
 - _____d. Explain how length, beam and shape of kayaks affect their handling and how to choose a kayak design best for trip type and water characteristics.
 - _____e. Explain which type of paddle should be used based on type of trip, water conditions.

Trail Badge Mentor Signature

Date

Copyright © 2018 by Trail Life USA. All rights reserved. As an owner of The Trailman's Handbook AND a registered member of Trail Life USA you may only print portions of this Trail Badge for your own personal use in Trail Life USA. No part of this publication may otherwise be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without either the prior written permission of Trail Life USA or authorization through payment of an appropriate per-copy fee.