

Kayaking/Canoeing

Prepared by:

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Target Group:

Scouts of any year that have earned swimmer in their camp swimming test

Time Allotted:

Two-hour block

Pre-Requisites:

BSA swimming test completion

Materials Needed – Staff:

Swim trunks, towel, life jackets, rope, kayak, kayak paddle, canoe, canoe paddle, throw bag, shoes that can get wet

Materials Needed – Scout:

Swim trunks, towel, shoes that can get wet

Instructional Goal:

Scouts who earn these badges will learn the basics for safety and operation of kayaks and canoes. Scouts will learn how to properly maintain these types of boats as well as how to prepare for a trip using either type of vessel. In addition, scouts will learn about basic first aid, lifesaving and injury prevention that comes along with participating in paddle craft.

Note

In merging these two merit badges together there is a lot of overlap of requirements. In attempting to create this lesson plan I found it too confusing to try and differentiate which merit badge I'm talking about within the plan because the requirements do not match up. Thus each day will be broken up into a kayaking and canoeing section.

It is important to note that some requirements will be repeated in both sections, pay attention to the requirements and if you've already covered that requirement skip it and move on. They are simply there as a checkpoint to make sure we cover all the requirements for both merit badges.

Requirements that are covered in both merit badges will be marked with an ** the second time they appear.

MONDAY

Kayaking

Requirement 1c

Explain BSA Safety Afloat (review everyday).

Requirement 2

Make sure that all participants have passed the swimmer swim test.

If some are not swimmers, they must become swimmer level *before* completing any additional requirements.

Requirement 3

3a Review which life jackets are appropriate for kayaking (type 3) and explain why one must always be worn. Demonstrate how to select and properly fit a life jacket properly.

3b Review the importance of safety equipment, e.g. signal device, throw bag, and extra PFD and paddle. 1

Requirement 4a

Name and point out the major parts of a kayak. Use a diagram or an actual kayak.

Canoeing

Requirement 1c**

Discuss the BSA Safety Afloat policy. Tell how it applies to canoeing activities.

Requirement 2**

Make sure that all participants have passed the swimmer swim test.

If some are not swimmers, they must become swimmer level *before* completing any additional requirements.

Requirement 5**

Do the following:

5a Discuss with your counselor the characteristics of life jackets most appropriate for canoeing and tell why a life jacket must always be worn while paddling.

5b Demonstrate how to select and properly fit the correct size life jacket.

5c Review the importance of safety and rescue equipment such as a sound signal device, extra paddle, sponge, bailer, bilge pump, rescue sling, ropes and throw bag.

Requirement 3a

Name and point out the major parts of a canoe.

TUESDAY

Kayaking

Requirement 4b

Review differences between the design of recreational, white water, and sea or towing kayaks. (Pages 28-32 in the merit badge book.)

Requirement 4c

Review advantages and disadvantages of commonly used materials for kayaks. Explain the processes of caring for, maintaining, and storing a kayak.

Requirement 4d

Using a trucker's hitch and bowline, demonstrate how to secure a kayak to a rack, vehicle, or trailer on land.

Requirement 5a

Discuss the parts of a paddle

Requirement 5b

Cover the different materials that paddles are made of, the parts of the paddle, and how to care for the paddle.

Requirement 5c

The care and maintenance of a paddle.

Canoeing

Requirement 3b

Describe how the length and shape of a canoe affect its performance.

Requirement 4

Do the following:

4a Name and point out the parts of a paddle.

4b Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position.

Requirement 6

Discuss with your counselor the general care and maintenance of canoes, paddles, and other canoeing equipment.

WET WEDNESDAY

Kayaking

Requirement 6

Using a properly equipped kayak with an open cockpit, a sit-on-top, or an inflatable kayak, do the following:

- (a) Safely capsize and perform a wet exit.
- (b) Reenter the kayak with assistance from a buddy boat.
- (c) Demonstrate a kayak-over-kayak rescue.
- (d) Demonstrate the HELP position.
- (e) Capsize the kayak, swim it and the paddle to shore, and empty water from the kayak with assistance if needed.

Requirement 7

As a solo paddler, use a properly equipped kayak to demonstrate the following:

- (a) Forward stroke
- (b) Reverse stroke
- (c) Forward sweep
- (d) Reverse sweep
- (e) Draw stroke
- (f) Stern draw

Canoeing

Requirement 7

With a companion, use a properly equipped canoe to demonstrate the following:

- (a) Safely carry and launch the canoe from a dock or shore (both, if possible).
- (b) Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.
- (c) Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
- (d) Change places while afloat in the canoe.

Requirement 8

With a companion, use a properly equipped canoe to demonstrate the following:

- (a) Safely exit the canoe in deep water without losing contact with the canoe. Reenter the canoe with the assistance of the other paddler without capsizing the boat.
- (b) Safely perform a controlled capsize of the canoe and demonstrate how staying with a capsized canoe will support both paddlers.
- (c) Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.
- (d) In deep water, rescue a swamped canoe and its paddlers. After checking that those in the water do not need immediate assistance, empty the swamped canoe and help the paddlers safely reenter their boat without capsizing.
- (e) Perform a canoe rescue of a conscious swimmer.
- (f) Using a rescue (throw) bag from shore, lay the line within 3 feet of a conscious swimmer 30 feet away. Show how to repack the bag when done.

THURSDAY

Kayaking

Requirement 1a

Go over hazards commonly occurring around kayaking. Go over how scouts may anticipate and respond to those hazards.

Requirement 1b

Review prevention, symptoms, and first aid treatment for the following injuries/illnesses: blisters, cold water shock, hypothermia, heat related illnesses, dehydration, sun burns, sprains, and strains.

Canoeing

Requirement 1a**

Go over hazards commonly occurring around kayaking. Go over how scouts may anticipate and respond to those hazards.

Requirement 1b**

Review prevention, symptoms, and first aid treatment for the following injuries/illnesses: blisters, cold water shock, hypothermia, heat related illnesses, dehydration, sun burns, sprains, and strains.

Requirement 9

With a companion, using a properly equipped canoe to demonstrate the following tandem maneuvers while paddling in unison on opposite sides and without changing sides. Each paddler must demonstrate these maneuvers in both the bow and stern and on both sides of the canoe while maintaining trim and balance of the canoe:

- (a) Pivot (spin) the canoe 180° (half circle) to the right from a stationary position, stop, and return to the starting position by pivoting to the left using draw and pushaway strokes or using forward and reverse sweeps staying within 2 boat lengths of the starting position.
- (b) Move a canoe sideways (abeam) in one direction for 10 feet and then return to the starting position using the draw and pushaway strokes.
- (c) While in forward motion, stop the canoe within two boat lengths using the backstroke.
- (d) While in the stern position and without assistance from the bow paddler, paddle in a straight line 15-20 boat lengths using an appropriate steering stroke, e.g., the J-stroke or thumb-down rudder stroke with or without a stern pry.

FRIDAY

Kayaking

Requirement 8

As a solo paddler, use a properly equipped kayak to demonstrate the following:

- (a) Paddle a straight line for 15 to 20 boat lengths using appropriate strokes while maintaining trim and balance of the kayak.
- (b) Spin or pivot from a stationary position 180 degrees (half circle) to the right and left within two boat lengths.
- (c) Move abeam to the right 10 feet and to the left 10 feet.
- (d) Stop the boat in one boat length.
- (e) While maintaining forward motion, turn the kayak 90 degrees to the right and left.
- (f) Move the kayak backward three to four boat lengths using appropriate and effective reverse strokes.
- (g) Paddle the kayak in a buoyed figure 8 course around markers three to four boat lengths apart.

Canoeing

Requirement 9

With a companion, using a properly equipped canoe to demonstrate the following tandem maneuvers while paddling in unison on opposite sides and without changing sides. Each paddler must demonstrate these maneuvers in both the bow and stern and on both sides of the canoe while maintaining trim and balance of the canoe:

- (e) Move the canoe in a straight line 15-20 boat lengths with the bow paddler using as necessary the forward stroke, draw stroke or forward sweep and the stern paddler using an appropriate steering stroke, e.g., the J-stroke or thumbs down rudder stroke with or without a stern pry.
- (f) While maintaining forward motion, turn the canoe 90° in an arc to the right in 5-10 boat lengths with the bow paddler using as necessary either the draw stroke or forward sweep and the stern paddler using only the forward stroke. Repeat the maneuver turning the canoe 90° to the left.
- (g) Move the canoe backwards in a straight line 3-4 boat lengths using as necessary the back stroke, reverse sweep or draw stroke in the bow or the stern.
- (h) Complete a figure of 8 course around markers 3-4 boat lengths apart using appropriate strokes including the draw stroke, and the forward and reverse sweeps.