

Paddle Boarding

Prepared By

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Target Group:

Third year scouts and above who have earned swimmer in their camp swimming test that year.

Time Allotted

One hour block

Pre-Requisites

BSA swimmer classification

Materials Needed - staff

Swim trunks, towel, life jackets, rope, paddleboard, paddle, close-toed shoes that can get wet

Materials Needed - Scouts

Swim trunks, towel, close-toed shoes that can get wet

Instructional Goal

Scouts who complete this award should gain basic skills in paddleboarding on calm water. The course is designed to be an introduction to the sport in order to encourage scouts to pursue more rigorous trainings in paddlecraft.

MONDAY

Requirement 1

Review the BSA Safety Afloat policy. Explain to your instructor how this applies to stand up paddleboarding. (Review Everyday)

Requirement 2

Before fulfilling other requirements, successfully complete the BSA swimmer test: 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: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include one sharp turn. After the swim, rest by floating.

Requirement 4

Review the characteristics of life jackets most appropriate for stand up paddleboarding and understand why one must always be worn while paddling. Then demonstrate how to select and fit a life jacket for stand up paddleboarding.

Requirement 8

Using a properly outfitted stand up paddleboard, demonstrate the following:

- (a)** How to carry a stand up paddleboard
- (b)** How to safely paddle away from a dock or shoreline (on knees)
- (c)** How to stand and balance on a board in the neutral position

TUESDAY

Requirement 3

Explain safety considerations for stand up paddleboarding in the following environments: lake, moving water, whitewater, open ocean, and ocean surf.

Requirement 5

Describe the appropriate type of leash to wear in different water venues.

Requirement 8

Using a properly outfitted stand up paddleboard, demonstrate the following:

(f) Forward stroke

(g) Backstroke

WEDNESDAY

Requirement 7

Discuss the following:

- (a) Different types of stand up paddleboards
- (b) How to correctly size and hold a paddle for stand up paddleboarding

Requirement 8

Using a properly outfitted stand up paddleboard, demonstrate the following:

- (d) How to appropriately fall off a board
- (e) How to remount the board
- (k) One self-rescue technique—lay on your stomach and paddle with your hands

THURSDAY

Requirement 6

Name and point out the following:

- (a)** Major parts of a stand up paddleboard
- (b)** Parts of a paddle for stand up paddleboarding

Requirement 8

Using a properly outfitted stand up paddleboard, demonstrate the following:

- (h)** Forward sweep
- (i)** Reverse sweep
- (j)** Draw stroke

FRIDAY

Requirement 9

With supervision from your instructor, paddle a course that involves the following:

- (a)** A straight line for 25 yards and stop within one board length
- (b)** A figure 8
- (c)** Moving abeam to the right 10 feet and to the left 10 feet.