



Canoeing

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, heat reactions, dehydration, insect stings, tick bites, and blisters.
- 2) Do the following:
 - A) Identify the conditions that must exist before performing CPR on a person. Explain how such conditions are recognized.
 - B) Demonstrate proper technique for performing CPR using a training device approved by your counselor.
- 3) Before doing the following requirements, successfully complete the BSA swimmer test. Jump feet first into water over the head in depth. Level off and 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 meters must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.
- 4) Discuss the following:
 - A) The BSA Safety Afloat policy. Tell how it applies to canoeing activities.
 - B) The most common weather and water-related hazards encountered while canoeing and how to deal safely with each one.
- 5) Do the following:
 - A) Name and point out the major parts of a canoe
 - B) Describe how the length and shape of a canoe affect its performance
 - C) Discuss the advantages and disadvantages of the different materials used to make canoes
 - D) Name and point out the parts of a paddle. Explain the difference between a straight and bent-shaft paddle and when each is best used
 - E) Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position
 - F) Name the different types of personal flotation devices (PFDs) and explain when each type should be used.
 - G) Show how to properly fit and test a PFD for correct size
 - H) Discuss the general care and maintenance of canoeing equipment
 - I) Discuss what personal and group equipment would be appropriate for a canoe camping trip. Describe how personal and group equipment can be packed and protected from water
 - J) Demonstrate how to load and secure equipment in a canoe
 - K) Using appropriate knots, demonstrate how to secure a canoe to a rack on land, a vehicle, or a canoe trailer
- 6) With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, 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
 - E) In deep water, exit the canoe and get back in without capsizing
 - F) Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers
 - G) Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it
 - H) In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing
- 7) With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate the following paddling strokes as both a bow and stern paddler:
 - A) Forward Stroke
 - B) Backstroke
 - C) Draw
 - D) Pushaway
 - E) Forward Sweep
 - F) Reverse or back sweep (for stern paddling only)
 - G) J-Stroke

- 8)** Using the strokes in requirement 7, demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Repeat after switching positions and paddling sides:
- A)** Pivot or spin the canoe in either direction
 - B)** Move the canoe sideways or abeam in either direction
 - C)** Stop the canoe
 - D)** Move the canoe in a straight line for 50 yards
- 9)** Wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate solo canoe handling:
- A)** Launch from shore or a pier (both, if possible)
 - B)** Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the forward stroke, backstroke, draw stroke, pushaway stroke, forward sweep, reverse or back sweep, and J-stroke. Repeat while paddling on the other side.
 - C)** While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side
 - D)** Make a proper landing at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed)
 - E)** In deep water, exit the canoe and then get back in without capsizing
- 10)** Discuss the following types of canoeing:
- A)** Olympic flatwater
 - B)** Outrigger
 - C)** Marathon
 - D)** Freestyle
 - E)** Whitewater
 - F)** Canoe Poling

Requirement 1

Show that you know first aid for injuries or illnesses that could occur while canoeing, including:

Hypothermia: _____

Heat Reactions: _____

Dehydration: _____

Insect Stings: _____

Tick Bites: _____

Blisters: _____

Requirement 2

What conditions must exist before performing CPR on a person: _____

How are these conditions recognized: _____

Demonstrate the proper technique for performing CPER using a training device approved by your counselor:

Counselors Initials: _____ Date: _____

Requirement 3

Before completing the rest of the canoeing requirements you MUST complete the BSA Swimming Test.

Have your counselor initial each of the following after completion

_____ Jump feet first into water over the head in depth.

The following 100 yard swim must be completed in one swim without stops and must include at least one sharp turn.

_____ Level off and 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.

_____ After swimming the 100 yards, rest by floating.

****The BSA swimmer test is also required for the swimming merit badge. If you have already earned the swimming merit badge, talk to your counselor. You may have to complete the test again OR your counselor may not require you to do it again. Make sure you check with your canoeing merit badge counselor for what they will require****

Requirement 4

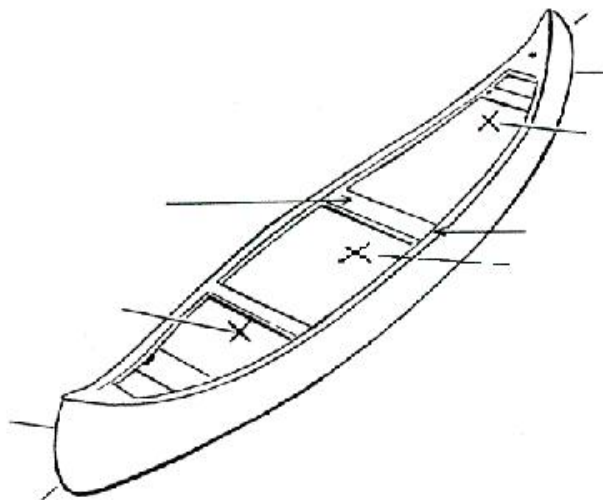
Discuss the BSA Safety Afloat policy: _____

Tell how the BSA Safety Afloat policy applies to canoeing activities: _____

Discuss the most common weather and water-related hazards encountered while canoeing and how to deal safely with each one: _____

Requirement 5

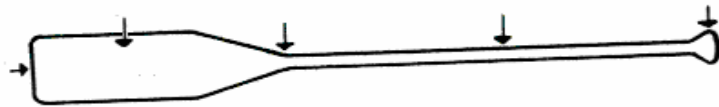
Name and point out the major parts of a canoe.



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

Discuss the advantages and disadvantages of the different materials used to make canoes: _____

Name and point out the parts of a paddle:



Explain the difference between a straight and bent-shaft paddle and when each is best used: _____

_____ Demonstrate how to correctly size a paddle for a paddler in a sitting position. Have counselor initial when finished.

_____ Demonstrate how to correctly size a paddle for a paddler in a kneeling position. Have counselor initial when finished.

Name the different types of personal flotation devices (PFD's) and explain when each type should be used.

PFD Type: _____ When Used: _____

PFD Type: _____ When Used: _____

PFD Type: _____ When Used: _____

PFD Type: _____ When Used: _____

PFD Type: _____ When Used: _____

_____ Show how to properly fit and test a PFD for correct size. Have counselor initial when finished.

Discuss the general care and maintenance of canoeing equipment:

Canoe: _____

Paddles: _____

PFD's: _____

Scout Name: _____ Unit #: _____ Date: _____

Discuss what personal equipment would be appropriate for a canoe camping trip: _____

Discuss what group equipment would be appropriate for a canoe camping trip: _____

Describe how personal and group equipment can be packed and protected from water: _____

_____ Demonstrate how to load and secure equipment in a canoe. Have counselor initial when finished.

_____ Using appropriate knots, demonstrate how to secure a canoe to a rack on land, a vehicle, or a canoe trailer. Have your counselor initial when you have finished.

**** The following requirement must be done on the water, in a canoe. A written description of these items will not satisfy the requirement. Use this as a checklist for the remaining requirements. Have your counselor or advisor sign off the requirement after you have completed each one.****

Requirement 6

With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, use a properly equipped canoe to demonstrate the following:

_____ Safely carry and launch the canoe from a dock or shore (both, if possible).

_____ Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.

_____ Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.

_____ Change places while afloat in the canoe.

_____ In deep water, exit the canoe and get back in without capsizing.

_____ Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers.

_____ Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.

_____ In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing.

Requirement 7

With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate the following paddling strokes and both a bow and stern paddler. Have your counselor check off each one when completed.

- | | | |
|--|--------------------|----------------------|
| Forward Stroke: | Bow Paddler: _____ | Stern Paddler: _____ |
| Backstroke: | Bow Paddler: _____ | Stern Paddler: _____ |
| Draw: | Bow Paddler: _____ | Stern Paddler: _____ |
| Pushaway: | Bow Paddler: _____ | Stern Paddler: _____ |
| Forward Sweep: | Bow Paddler: _____ | Stern Paddler: _____ |
| Reverse or Back Sweep:
(Stern Paddler Only) | | Stern Paddler: _____ |
| J Stroke: | Bow Paddler: _____ | Stern Paddler: _____ |

Requirement 8

Using the strokes in requirement 7, demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Repeat after switching positions and paddling sides. Have your counselor initial each one as you complete them.

- | | | |
|---|------------------|-------------------|
| Pivot or spin the canoe in either direction: | Left Side: _____ | Right Side: _____ |
| Move the canoe sideways or abeam in either direction: | Left Side: _____ | Right Side: _____ |
| Stop the canoe: | Left Side: _____ | Right Side: _____ |
| Move the canoe in a straight line for 50 yards: | Left Side: _____ | Right Side: _____ |

Requirement 9

Wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate solo canoe handling. Have your counselor initial each one as you complete them.

_____ Launch from shore or a pier (both, if possible).

Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the following strokes. After demonstrating the strokes while paddling on one side, switch to the other side and repeat the demonstration.

Right Side Paddling

- ___ Forward stroke
- ___ Backstroke
- ___ Draw stroke
- ___ Pushaway stroke
- ___ Forward sweep
- ___ Reverse or back sweep
- ___ J-stroke

Left Side Paddling

- ___ Forward stroke
- ___ Backstroke
- ___ Draw stroke
- ___ Pushaway stroke
- ___ Forward sweep
- ___ Reverse or back sweep
- ___ J-stroke

Scout Name: _____ Unit #: _____ Date: _____

While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side. Have your counselor initial each when finished.

_____ Right side paddle _____ Left side paddle

_____ Make a proper landing at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed). Have counselor initial when completed.

_____ In deep water, exit the canoe and then get back in without capsizing. Have counselor initial when completed.

Requirement 10

Discuss the following types of canoeing:

Olympic Flatwater: _____

Outrigger: _____

Marathon: _____

Freestyle: _____

Whitewater: _____

Canoe Poling: _____

