

Kayaking

Materials Required to Teach:

- Kayaks
- Paddles
- PFD's
- Throw bag
- Bilge
- Signaling Device

Activities to be Completed:

2. Before doing requirements 3 through 8, successfully complete the BSA swimmer test: Jump feetfirst 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 must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

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.

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

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.

All Requirements:

1. Do the following:

- (a) Explain to your counselor the hazards you are most likely to encounter while participating in kayaking activities, including weather and water-related hazards, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

- (b) Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while kayaking: blisters, cold-water shock and hypothermia, heat-related illnesses, dehydration, sunburn, sprains, and strains.
- (c) Review the BSA Safety Afloat policy. Explain to your counselor how this applies to kayaking.

2. Before doing requirements 3 through 8, successfully complete the BSA swimmer test: Jump feetfirst 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 must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

3. Do the following:

- (a) Review the characteristics of life jackets most appropriate for kayaking and understand why one must always be worn while paddling. Then demonstrate how to select and fit a life jacket for kayaking.
- (b) Review the importance of safety equipment such as a signal device, extra paddle, sponge, bilge pump, flotation bags, and throw bag.

4. Do the following:

- (a) Name and point out the major parts of a kayak.
- (b) Review the differences in the design between recreational, whitewater, and sea or touring kayaks. Include how length, width, stability, and rocker are involved in the design of each type.
- (c) Explain the care, maintenance, and storage of a kayak.

5. Discuss the following:

- (a) How to use a kayak paddle.
- (b) Parts of a paddle.

- (c) The care and maintenance of a paddle.

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.

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

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.

Syllabus:

Day 1)

Get names, campsites, swim tags, and blue cards from scouts.

Check swim tags at the beginning of the class all Scouts must be Swimmer to participate. This is both a Camp Policy and Requirement 2 for the merit badge.

Hazards/ Prevention (1.A)

- Most likely weather: rain, clouds, intense sun, thunderstorm
- Water related hazard: rocks, trees, other boaters, swimmers
- Prevent accidents with hazards by planning your route (Float Plan) and travelling slow down new terrain and around objects

Safety Afloat (1.C)

Review the BSA Safety Afloat policy. Explain to your counselor how this applies to kayaking.

First Aid (1.B)

***Hypothermia**- when the body loses heat faster than it can create it, get victim to a dry/warm place, take off any wet clothes and replace with dry ones, and give them warm liquids if they feel comfortable with swallowing

***Dehydration**- When the body dries up and starts to shut down, have the victim drink plenty of fluids and limit physical activity.

***Heat reactions**- Heat exhaustion is when the body is very hot but the person is still conscious, stroke is when they aren't conscious. Take them into a shady spot, have them drink if they are able, cool them down with damp rags, get medical attention if needed.

***Motion sickness**- Look at the horizon, use wrist bands that put pressure on pressure points, and drink water.

***Cuts**- Clean out with soap and water, cover with bandage, use antibiotic if needed.

***Scratches**- Clean out with soap and water, cover with bandage, use antibiotic.

***Abrasions**- Clean out with soap and water, cover with bandage, use antibiotic if needed.

***Contusions**- Place ice on the bruise when you can, wait till it gets better.

***Puncture wounds**- Take out the object if you are able to, if not see emergency attention. If the object comes out, clean it out with soap and water, cover with bandage, use antibiotic if needed.

***Blisters**- When too much friction is applied to the skin, the skin produces a fluid to reduce it. Do not pop the blister. Place mole skin over it, to stop the rubbing. If it needs to be popped, take a sterilized needle and then clean it out like a cut/ scratch.

***Sprains/Strains**- Splints and ice to reduce swelling, get medical attention if required.

***Sunburn**- 1st degree = redness, irritation, use cold water/ aloe (1 layer skin)

2nd degree = peeling, red, swelling, painful (2 layers skin)

3rd degree = black, burnt skin (3 layers skin)

Keep 2nd degree burn clean with soap and cold water, seek medical attention for 3rd degree burns.

Life Jackets (PFD's) (3.A)

Type 1- Orange, good for unconscious victims to be face-up in the water

Type 2- "Near shore buoyancy vest" for calm water

Type 3- Kayaking PFD for comfort and maneuverability

Type 4- Throwables (Rings, seat cushions)

Type 5- Inflatable PFD with cord for inflation

Explain how a PFD should fit and look on someone in the water (snug against body, not floating above ears)

Safety Equipment (3.B)

-Signal Device = flares, whistles, flashlights in case of getting lost

-Extra Paddle = in case the original one breaks you can make it back to shore

-Sponge = keep cockpit dry

-Bilge Pump = pump water out of cockpit

-Throw Bag = reach other boaters or swimmers that need help

Day Two

Kayaking Orientation (4.A)

Also point out major points of the boat (bow, stern, port, starboard, cockpit, pedals, handles, paddles)

Types of Kayaks (4.B)

- Recreational = Yawgoog kayaks, ponds, lakes, they're short and easy to maneuver
- Ocean = Long boat, keel present, pockets for gear
- Whitewater = Skirt around cockpit, short and wide boat for stability, short paddle for maneuverability

Materials Used for Kayaks (4.C)

- Plastic = Light, durable, cheap
- Fiberglass = Hydrodynamic, expensive

Paddles (5.A.B.C.)

- Paddle should be up to about your height, depending on what it's being used for
- Plastic paddles are more durable than wooden paddles
- Parts of paddle: shaft, throat, blade, tip, power face, back face
- Never stick paddle into sand, store dry and on a rack

Paddle Strokes (All of 7)

- Forward stroke
- Backstroke
- Forward Sweep (wide stroke for turning)

- D. Reverse Sweep
- E. Draw stroke (sideways)
- F. Stern draw (turning using one stroke on the stern)

Day Three

Get names, campsites, swim tags, and blue cards from scouts.

Collect swim tags at the beginning of the class and put them on kayaking board

Have everyone pair up and line up in front of buddy board. Split up into two groups with each teacher and proceed:

Paddle Strokes (All of 7) *Review*

- G. Forward stroke
- H. Backstroke
- I. Forward Sweep (wide stroke for turning)
- J. Reverse Sweep
- K. Draw stroke (sideways)
- L. Stern draw (turning using one stroke on the stern)

On the Water (All of 6)

- A. Capsize
- B. Reenter kayak from rear
- C. T-rescue
- D. Demonstrate HELP position

- E. Flip boat and swim it and the paddle back to shore

Day Four

On the Water (All of 8)

- A. Paddle straight
- B. Spin 180 degrees left and right
- C. Draw stroke left and right 10 yards
- D. Stop quickly
- 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.

Day Five:

Review Requirements 7 and 8 and allow Scouts to make up requirements they may have missed or had a difficult time with.

Place a ring of inside-out duct tape on the nose and tail of all Scouts kayaks and have them compete to try and steal other peoples tape. The Scout with the most duct tape on their boat after a few minutes wins. The following are the rules:

1. No person can grab onto of any other person's boat in order to steal their tape. This "foul" is an immediate disqualification, and the defender (the person who is fouled) gets the offender's tape.
2. Once both pieces of tape are stolen from the bow and stern of a defender's boat, the defender can no longer pursue another person's boat. They're not disqualified, but the game is over for them.
3. If a person flips over during the game, they are in "time out" until they can drain and reenter their boat. Their tape cannot be stolen.
4. Once all pieces of tape are stolen, each person counts the pieces of tape they have in-hand, and the person who collects the most pieces of tape wins the game.

Once this game is completed have the scouts line up and race from one buoy to another, or have them compete an obstacle course. During this time, the merit badge instructor should be examining scouts form and proficiency in paddling. This is the opportunity to correct any mistakes or errors they may be making.