



Canoeing

Merit Badge Requirements

- 1) Show that you know first aid for injuries or illnesses that could occur while canoeing, including hypothermia, heatstroke, heat exhaustion, dehydration, sunburn, insect stings, tick bites, blisters and hyperventilation.
- 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 your head in depth, swim 75 yards or 75 meters in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards or 25 meters using an easy, resting backstroke. The 100 yards or 100 meters must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating as motionless as possible.
- 4) Do the following:
 - A) Name and point out the major parts of a canoe and paddle
 - B) Know canoeing terminology
 - C) Explain and demonstrate canoe kneeling and sitting positions and the proper use for each position
 - D) Review and discuss BSA Safety Afloat, and demonstrate the proper fit and use of personal flotation devices (PFDs)
 - E) Demonstrate how to load and secure equipment in a canoe
- 5) With a companion and using a properly equipped canoe:
 - A) Properly carry, launch, and get into the bow of the canoe from dock or shore (both, if possible)
 - B) Paddle 100 yards on one side only in the bow position using a single-blade paddle. Turn underway and return to shore or dock showing proper form and use of the bow or power stroke, diagonal draw, and quarter sweep. Repeat while paddling on the other side.
 - C) While paddling on one side only in the bow position, demonstrate how to hold water and stop. Show proper form and use of the push away, pullover, reverse sweep, and backwater. Repeat while paddling on the other side.
 - D) Change places with your companion while canoe is afloat.
 - E) Paddle 100 yards on one side only in the stern position. Turn underway and return to shore or dock while maintaining course and giving proper signals to your companion. Show proper form and use of the stern power stroke (the J stroke). Repeat while paddling on the other side.
 - F) While paddling on one side only in the stern position, demonstrate how to hold water and stop. Show proper form and use of the push away, pullover, reverse sweep, and backstroke. Repeat while paddling on the other side.
 - G) As bow paddler, make a proper landing and get out of the canoe while following directions from your companion. Repeat in the stern position giving directions to your companion.
 - H) Store canoe properly
- 6) While on deep water with a companion, fully dressed and wearing proper PFD:
 - A) Jump safely out of the canoe. Get back in without capsizing
 - B) Capsize the canoe, get back in, secure all loose gear, and paddle the swamped canoe 25 yards. Go overboard from the swamped canoe and swim, tow, or push the swamped canoe 50 feet.
 - C) Empty the swamped canoe in shallow water.
- 7) Demonstrate solo canoe handling:
 - A) Launch from shore or 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 (J stroke), forward and reverse sweeps, backwater, stop, pullover, push away, inside and outside pivots, and sculling. 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 dock or shore (both, if possible). Store canoe properly (with assistance, if needed)
- 8) While alone in a canoe on deep water and wearing PFD, jump safely out of the canoe. Get back in without capsizing.

9) With a companion in your canoe and while giving instructions to persons who have capsized a canoe in deep water, empty the swamped canoe over your own canoe and assist the persons in reboarding the emptied canoe.

10) Discuss:

A) General care and maintenance of canoe equipment

B) How to rig a canoe for sailing

C) The differences between river (moving water) canoeing and lake (flat water) canoeing.

Requirement 1

Describe first aid for the following:

Hypothermia: _____

Heatstroke: _____

Heat Exhaustion: _____

Dehydration: _____

Sunburn: _____

Insect Stings: _____

Tick Bites: _____

Blisters: _____

Hyperventilation: _____

Requirement 2

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

How can these conditions be recognized: _____

Describe the process of giving CPR to an adult: _____

_____ Have your counselor initial here once you have performed CPR on a mannequin for at least three minutes.

Requirement 3

I have completed the BSA swimming test: Yes No (This must be done before completing the rest of the canoeing requirements)

If you circled NO above, do the following:

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

****The following 100 yard swim must be done continuously and include at least one sharp turn****

_____ Swim 75 yards/meters in a strong manner using one or more of the following strokes: Sidestroke, Breaststroke, Trudgen, or Crawl

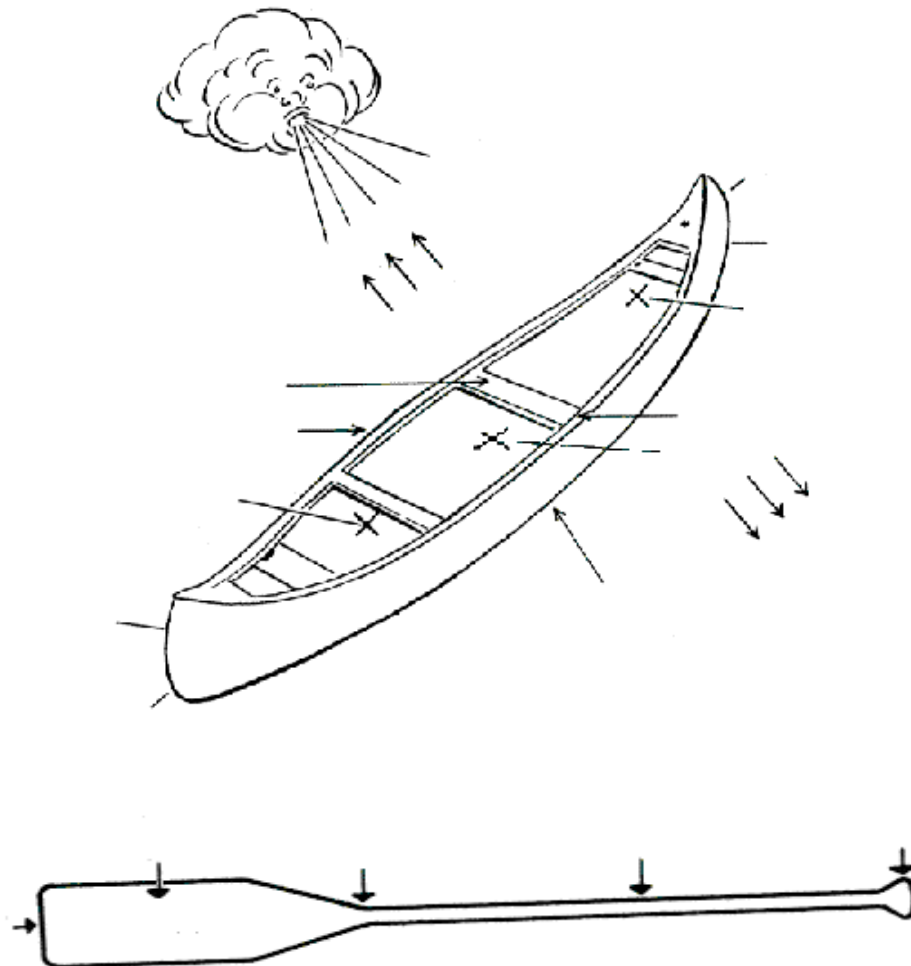
_____ Swim 25 yards/meters using an easy, resting backstroke.

_____ After swimming the 100 yards, rest by floating as motionless as possible.

****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

Name and point out the major parts of a canoe and paddle.



Write the definition for each of the following canoeing terms. At the bottom, list three other terms used that are not on the list.

Tandem Canoeing: _____

Trim: _____

List: _____

Ballast: _____

Launch: _____

"Feathered" Paddle: _____

Give Way: _____

Hold Water: _____

J Stroke: _____

Sculling: _____

Backwater: _____

Capsize: _____

_____: _____

_____: _____

_____: _____

Give a brief description of the following canoe paddling positions. Also list the proper use for each position.

Cruising Position

Description: _____

Proper Use: _____

Relief Position

Description: _____

Proper Use: _____

Upright Kneeling Position

Description: _____

Proper Use: _____

High Kneeling or Racing Position

Description: _____

Proper Use: _____

Indian Style or "Sitting On The Heels" Position

Description: _____

Proper Use: _____

_____ Get into your canoe and demonstrate the above positions to your counselor. Have them initial here when you are done.

_____ Review and discuss with your counselor the BSA Safety Afloat. Have them initial here after the discussion.

List the 9 points of the BSA Safety Afloat Below.

1) _____ 2) _____ 3) _____

4) _____ 5) _____ 6) _____

7) _____ 8) _____ 9) _____

Explain how a PFD should be used and how it should fit: _____

_____ Demonstrate to your counselor that you know how to properly fit, use and put on a Personal Floatation Device.

_____ Should you use a PFD for a seat cushion or a kneeling pad?

_____ What "types" (I, II, III, IV, V) of PFD's are required for all Scouts during water activities?

Describe how you would properly load and secure equipment in a canoe: _____

_____ Properly load and secure equipment into a canoe. Have your counselor initial here when you are done.

**** The following requirements 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 5

While wearing a proper PFD, do the following:

_____ Properly carry, launch, and get into the bow of the canoe from dock or shore (both, if possible).

_____ Paddle 100 yards on one side only in the bow position using a single-blade paddle. Turn underway and return to shore or dock showing proper form and use of the bow or power stroke, diagonal draw, and quarter sweep. Repeat while paddling on the other side.

_____ While paddling on one side only in the bow position, demonstrate how to hold water and stop. Show proper form and use of the push away, pullover, reverse sweep and backwater. Repeat while paddling on the other side.

_____ Change places with your companion while canoe is afloat

_____ Paddle 100 yards on one side only in the stern position. Turn underway and return to shore or dock while maintaining course and giving proper signals to your companion. Show proper form and use of the stern power stroke (the J stroke). Repeat while paddling on the other side.

_____ While paddling on one side only in the stern position, demonstrate how to hold water and stop. Show proper form and use of the push away, pullover, reverse sweep, and backstroke. Repeat while paddling on the other side.

_____ As bow paddler, make a proper landing and get out of the canoe while following directions from your companion. Repeat in the stern position giving directions to your companion.

_____ Store a canoe properly.

Requirement 6

While on deep water with a companion, fully dressed and wearing a proper PFD, do each of the following requirements. Have your counselor or advisor sign off the requirement after you have completed each one.

_____ Jump safely out of the canoe. Get back in without capsizing.

_____ Capsize the canoe, get back in, secure all loose gear, and paddle the swamped canoe 25 yards. Go overboard from the swamped canoe and swim, tow, or push the swamped canoe 50 feet.

_____ Empty the swamped canoe in shallow water.

Requirement 7

With a companion AND adult leader near by, demonstrate *solo* canoe handling. Make sure you are wearing a proper PFD. Have your counselor or advisor sign off the requirement after you have completed each one.

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

_____ Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the forward stroke (J stroke), forward and reverse sweeps, backwater, stop, pullover, push away, inside and outside pivots, and sculling. Repeat while paddling on the other side.

_____ 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.

_____ Make a proper landing at dock or shore (both, if possible).

_____ Store canoe properly (with assistance, if needed).

Requirement 8

While alone in a canoe on deep water and wearing a PFD, do the following requirement. Make sure you have a "buddy" AND an adult leader near by. Have your counselor or advisor sign off the requirement after you have completed the task.

_____ Jump safely out of the canoe.

_____ Get back in the canoe without capsizing.

Requirement 9

Get a companion in your canoe with you. Both must be wearing a PFD. While you are giving the commands, give instructions to persons who have capsized a canoe in deep water. Instruct them on how to empty the swamped canoe over your own canoe and then assist the persons in reboarding the emptied canoe.

_____ Have your counselor or advisor initial here after you have completed the task successfully.

Describe the instructions you gave and also your success in getting the other canoe emptied. Were there any problems? _____

Requirement 10

Describe the general care and maintenance of canoeing equipment

Canoe: _____

Paddles: _____

PFD: _____

Describe how you would rig a canoe for sailing: _____

List the differences between river (moving water) canoeing and lake (flat water) canoeing:

River Canoeing: _____

Lake Canoeing: _____
