CANOEING MERIT BADGE

Additional checkoff sheets and helps are available from <u>ScouterMom.com</u>.

1. Do the following:					
1a. Explain to your counselor the most likely hazards you may encounter while participating in canoeing activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards					
1b. Review prevention, symptoms, and frst-aid treatment for the following injuries or illnesses that could occur while canoeing: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, and strains.					
1c. Discuss the BSA Safety Afoat policy. Tell how it applies to canoeing activities					
2. Before doing the following requirements, successfully complete the BSA swimmer test: Jump feetfrst 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 foating.					
3. Do the following:					
3a. Name and point out the major parts of a canoe.					
3b. Describe how the length and shape of a canoe affect its performance					
3c. Discuss the advantages and disadvantages of the different materials used to make canoes.					
4. Do the following:					
4a. 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.					
4b. Demonstrate how to size correctly a paddle for a paddler in a sitting position and a kneeling position.					
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 ft the correct size life jacket.					
6. Discuss with your counselor the general care and maintenance of canoes, paddles, and other canoeing equipment.					
7. Do the following:					

7a. Discuss what personal and group equipment would be appropriate for a cance camping trip. Describe how personal and group equipment can be packed and protected from water. Image: Comparison of the cance and group equipment in the cance. 7b. Using the containers and packs from requirement 7a, demonstrate how to load and secure the containers and other equipment in the cance. Image: Comparison of the cance and a comparison of the comparison of the comparison of the secure a cance to a vehicle or a trailer, or if these are not available, a rack on land Image: Comparison of the cance from a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance from a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance on a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance on a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance on a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance on a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance on a dock or shore (both, if possible) and return it to its proper storage location Image: Comparison of the cance and get back in without capsizing. Image: Comparison of the cance and get back in without capsizing. Image: Comparison of the cance and demonstrate the following Image: Comparison of the cance and demonstrate the shallow water, in the shallow water, encyl the swamped cance and its paddlers. Image: Comparison of the cance and lits paddlers. Image: Comparis						
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11. Using the strokes in requirement 10, and in an order determined by your counselor, use a properly equipped canoe to demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Each paddler must demonstrate these maneuvers in both the bow and stern and on opposite paddling sides:					
11a. Pivot or spin the canoe in either direction					
11b. Move the canoe sideways or abeam in either direction.					
11c. Stop the canoe					
11d. Move the canoe in a straight line for 50 yards.					
12. Use a properly equipped canoe to demonstrate solo canoe handling:					
12a. Launch from shore or a pier (both, if possible)					
12b. 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 sweep, J-stroke, and rudder stroke. Repeat while paddling on the other side					
12c. Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of a combination of a forward stroke, rudder stroke, and stern pry by canoeing to a target 50 yards away. Repeat while paddling on the other side					
12d. Make a proper landing at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed).					
13. Discuss the following types of canoeing:					
13a. Olympic canoe sprint					
13b. Flatwater and river touring					
13c. Outrigger					
13d. Marathon					
13e. Freestyle					
13f. Whitewater					
13g. Canoe poling					
Completed					
Presented					