CANOEING MERIT BADGE

Additional checkoff sheets and helps are available from ScouterMom.com.

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 canoe camping trip. Describe how personal and group equipment can be packed and protected from water.										
7b. Using the containers and packs from requirement 7a, demonstrate how to load and secure the containers and other equipment in the canoe.										
7c. Using appropriate knots, including a trucker’s hitch, tautline hitch, and bowline, demonstrate how to secure a canoe to a vehicle or a trailer, or if these are not available, a rack on land										
8. With a companion, use a properly equipped canoe to demonstrate the following:										
8a. Safely carry and launch the canoe from a dock or shore (both, if possible).										
8b. Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location										
8c. Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.										
8d. Change places while afoat in the canoe										
9. With a companion, use a properly equipped canoe to demonstrate the following										
9a. In deep water, exit the canoe and get back in without capsizing.										
9b. Safely perform a controlled capsize of the canoe and demonstrate how staying with a capsized canoe will support both paddlers.										
9c. Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.										
9d. 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.										
10. With a companion, use a properly equipped canoe to demonstrate the following paddling strokes as both a bow and stern paddler:										
10a. Forward stroke										
10b. Backstroke										
10c. Draw										
10d. Pushaway										
10e. Forward sweep										
10f. Reverse sweep										
For stern paddling only:										
10g. J-stroke										
10h. Rudder stroke										
10i. Stern pry										

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										