   

Aquatics Merit Badge Days

Belk Scout Camp Pool

9408 Belt Rd, Midland, NC 28107

Monday, July 27, 2020

Swimming Merit Badge - 9:00 a.m. to 12:00 noon ($35)

Canoeing Merit Badge - 1:00 to 5:00 p.m. ($40)

Tuesday, July 28, 2020

Lifesaving Merit Badge - 9:00 a.m. to 2:30 p.m.

(Includes 30-minute Bring Your Own Lunch break) ($45)

Wednesday, July 29, 2020

Swimming Merit Badge - 9:00 a.m. to 12:00 noon ($35)

Kayaking Merit Badge - 1:00 to 5:00 p.m. ($40)

Thursday, July 30, 2020

Lifesaving Merit Badge - 9:00 a.m. to 2:30 p.m.

(Includes 30-minute Bring Your Own Lunch break) ($45)

Friday, July 31, 2020

Swimming Merit Badge - 9:00 a.m. to 12:00 noon ($35)

Swimming Merit Badge - 1:00 to 4:00 pm ($35)

BSA-registered merit badge instructors and counselor will conduct

Swimming Merit Badge courses on Monday, July 27, on Wednesday, July 29, and on Friday, July 31. Scouts should register for one course on one day. The teaching session will last for 3 hours. Scouts should not register for sessions on multiple days and not register for both a morning session and an afternoon session. This course is for Scouts with good swimming skills, not for Scouts who need basic instruction in swimming techniques. Scouts who will have difficulty completing the BSA Swimmer test (100 yards) or the Swimming Merit Badge swim requirement (150 yards) should not register for this course.

BSA-registered merit badge instructors and counselor will conduct

Lifesaving Merit Badge courses on Tuesday, July 28, and on Thursday, July 30. Scouts will break for 30 minutes to eat their Bring Your Own (BYO) lunches. Scouts should register for one course on one day, not both days. This course is for Scouts with strong swimming skills, not for Scouts who need basic instruction in swimming techniques. Scouts who will have difficulty completing the Lifesaving Merit Badge swim requirement (400 yards) should not register for this course.

BSA-registered merit badge instructor(s) and counselor will conduct Canoeing Merit Badge course on Monday, July 27. Scouts must pass the BSA Swimmer test (100 yards) to participate in this course. Scouts will demonstrate paddling skills on the fishing lake at Belk Scout Camp. Scouts will practice capsizing and rescue skills in the Belk Scout Camp pool.

BSA-registered merit badge instructor(s) and counselor will conduct Kayaking Merit Badge course on Wednesday, July 29. Scouts must pass the BSA Swimmer test (100 yards) to participate in this course. Scouts will demonstrate paddling skills on the fishing lake at Belk Scout Camp. Scouts will practice capsizing and rescue skills in the Belk Scout Camp pool.

These courses will cover the aquatics skills and first aid portions of these merit badges. Scouts who demonstrate the skills and knowledge can receive completion sign-offs for those requirements.

**Website for information and link to Aquatics Merit Badge Days Guide 2020:**

<https://www.mccscouting.org/around-the-campfire>

**Location of event:**  Belk Scout Camp pool, 9408 Belt Rd, Midland, NC 28107

**Link to map:** <https://goo.gl/maps/JZJhVGymR5SAu9YP8>

**Minimum class size:**  6

**Maximum class size:** 20 for Swimming, 20 for Lifesaving, 20 for Canoeing, 20 for Kayaking

**Cost:** Cost is $35 for Swimming MB course, $45 for Lifesaving MB class, $40 for Kayaking MB course, $40 for Canoeing MB course. The online transaction fee is $1.

**Method of registration:** Scouts must register in advance to participate by completing registration and payment online at

<https://mccscouting.doubleknot.com/event/aquatics-merit-badg????>

**Registration opens:** When this document is published and distributed.

**Registration closes:** On 5 days before each course at 5:00 p.m. or when classes are full. We will collect extra names on a wait list and consider more course sessions, if possible, if sufficient Scouts sign up.

**Age requirement:** Ages 11 through 17

**Rank requirement:** None. Scouts must be able to meet prerequisites for swimming skills and endurance.

**Prerequisites:**

For **Swimming Merit Badge**, Scouts must be able to complete Requirements 2 and 3:

2. 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 must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

3. Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards, breaststroke for 25 yards, and elementary backstroke for 50 yards.

For **Lifesaving Merit Badge**, Scouts must be able to complete Requirement 1b:

1. b. Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

For **Canoeing and Kayaking Merit Badges**, Scouts must be able to successfully complete the **BSA swimmer test.**

**Blue card requirement: Each Scout must present to the counselor a separate blue card signed by their Scoutmaster indicating permission to participate in the course(s). Scouts should fill out the requirement grid portion of the card and have the Merit Badge Counselor initial this section of the card for each completed requirement. When the Scout has completed all requirements, the Merit Badge Counselor must sign and date the card in 2 places. Each Scout is responsible to obtain these signatures and to turn the card in to their Scoutmaster so that merit badge can be registered and awarded.**

Parents are welcome to attend all sessions. Although the swim instruction staff will provide lookout and lifeguard functions and 2-deep adult leadership throughout the courses, parents may supplement this coverage and can support a disciplined environment throughout the courses.

**Partial or Full Completion: Full completion of these merit badges is expected by the end of the course sessions.** If a Scout does not finish all requirements, he or she can work with the Counselor to list and initial requirements completed on his or her blue card for later completion with the Counselor or with a Counselor identified by his or her Scoutmaster. Scouts should follow the buddy system with 2-deep adult leadership for all merit badge sessions and for all meetings with a Counselor. A Scout’s buddy can be “a friend, parent, guardian, brother, sister, or other relative—or better yet, another Scout working on the same badge—along with him [or her] attending the session.”

**Health forms:** **Scouts must bring a current and completed and signed BSA Health and Medical Record, Parts A and B (with no provider signature required). This is the same set of forms that Scouts and leaders need to attend any Scout events of less than 72 hours. Here is a link to the current versions of these BSA health forms Parts A and B:**

<https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf>

**Food and drinks:** Food and drink purchases at Belk Scout Camp are not available. **Scouts must pack their own snacks and meals** and eat them in the designated area during breaks in the class. Please do not bring nut or sesame seed products because of risk of serious allergies affecting participants and staff. Eating or drinking during the class sessions will not be allowed.

**Please bring a personal water bottle to maintain hydration throughout the day.**

**Sun protection:** Scouts will have prolonged sun exposure. Please bring sunglasses, sunblock, hat, loose-fitting sun protective clothing to prevent sunburn.

**Clothing:** Scouts are not required to wear Scout uniforms for these courses. Scouts should wear and/or bring appropriate swim attire and a towel and should bring dry clothes to change into for their rides home. Scouts can use the male and female shower rooms at the pool for changing clothes before and after swimming.

From <http://bsaseabase.org/filestore/seabase/pdf/2018/2018Scuba-Part.Manual.pdf>

Swimming Attire: Swimming attire must be modest. For males, tight fitting swim briefs short enough to potentially cause exposure are not allowed. For females, bikinis are not allowed. Modest tankinis or one-piece swimsuits are appropriate. Many female participants opt for athletic style swimsuits.

Attire: Attire worn by participants must not promote illegal drugs, alcohol, violence, sexual activity, racism, sexism, or bigotry.

From McCrorey YMCA check-in desk 2019 06 27: Jeans with holes in inappropriate places are not permitted. Shorts must extend to at least thumb-tip length. Pants, shorts, and shirts should not reveal undergarments.

Scouts participating in Lifesaving Merit Badge class must bring or wear long sleeve button up or pullover shirt, long pants, belt, socks and shoes so that they can complete requirement # 9 to “remove street clothes in 20 seconds or less”. These items may get wet at the poolside but Scouts will not jump into water with these clothes on.

**Cell phones:**  A Scout is courteous. Scouts may have cell phones with them at the course, but cell phones are not allowed in the pool area. If a Scout chooses to send text messages or talk on their cell phone during classroom activities, the Scout is expected to loan their cell phone to the instructor or to a parent or to a Scout leader for safekeeping during the rest of the day, to be returned when the class ends.

**Arrival time and place:** Please arrive 15 minutes before class starts.

**Preparation for Swimming Merit Badge before class:**

1. Scouts must read the merit badge book before class.
2. Scouts can print merit badge requirements from this document or from <https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/merit-badges/>

or from

<http://usscouts.org/mb/worksheets/list.asp>

Scouts should bring these pages and blank paper and pen to the course for their notes and research. These items will not be supplied by the course instructors.

Printing the workbook is optional and not mandatory, but Scouts will find that the workbook from the page at <http://usscouts.org/mb/worksheets/list.asp> will be helpful in organizing their work.

3. For requirements 1 and 7, write out components of the BSA Safe Swim Defense.

Here is a resource: <https://www.scouting.org/health-and-safety/gss/gss02/>

4. For requirement 1b, write out notes on prevention and treatment of each of the health conditions listed.

5. For requirement 5d, research and write out notes about HELP and huddle positions and swimming and survival floating in cold water.

Heat Escape Lessening Posture (H.E.L.P.)

<https://www.weather.gov/safety/coldwater>

<http://www.seagrant.umn.edu/coastal_communities/hypothermia#prevent>

6. For requirement 8, research and write out notes about answers.

**Preparation for Lifesaving Merit Badge before class:**

1. Scouts must read the merit badge book before class.

2. Scouts should print merit badge requirements from this document or from <https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/merit-badges/>

or from

<http://usscouts.org/mb/worksheets/list.asp>

Scouts should bring these pages and blank paper and pen to the course for their notes and research. These items will not be supplied by the course instructors.

Printing the workbook is optional and not mandatory, but Scouts will find that the workbook from the page at <http://usscouts.org/mb/worksheets/list.asp> will be helpful in organizing their work.

3. For requirement 2, write out components of the BSA Safe Swim Defense.

Here is a resource: <https://www.scouting.org/health-and-safety/gss/gss02/>

4. For requirement 3, write out notes on each of the parts of this requirement.

5. For requirement 7, write out your list and notes on this requirement.

6. For requirement 16a, write out notes on this requirement.

7. For requirement 17, write out notes on prevention and treatment of each of the health conditions listed.

**Preparation for Canoeing Merit Badge before class:**

1. Scouts must read the merit badge book before class.

2. Scouts can print merit badge requirements from this document or from <https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/merit-badges/>

or from

<http://usscouts.org/mb/worksheets/list.asp>

Scouts should bring these pages and blank paper and pen to the course for their notes and research. These items will not be supplied by the course instructors.

Printing the workbook is optional and not mandatory, but Scouts will find that the workbook from the page at <http://usscouts.org/mb/worksheets/list.asp> will be helpful in organizing their work.

3. For requirement 1, 3, 4, 5, 6, 7, and 13, please write out notes about the answers.

**Preparation for Kayaking Merit Badge before class:**

1. Scouts must read the merit badge book before class.

2. Scouts can print merit badge requirements from this document or from <https://www.scouting.org/programs/scouts-bsa/advancement-and-awards/merit-badges/>

or from

<http://usscouts.org/mb/worksheets/list.asp>

Scouts should bring these pages and blank paper and pen to the course for their notes and research. These items will not be supplied by the course instructors.

Printing the workbook is optional and not mandatory, but Scouts will find that the workbook from the page at <http://usscouts.org/mb/worksheets/list.asp> will be helpful in organizing their work.

3. For requirement 1, 3, 4, and 5, please write out notes about the answers.



Swimming Merit Badge Requirements

Swimming Merit Badge Requirements

https://filestore.scouting.org/filestore/Merit\_Badge\_ReqandRes/Swimming.pdf

2019 06 27

1. Do the following:

a. Explain to your counselor how Scouting’s Safe Swim Defense plan anticipates, helps prevent and mitigate, and provides responses to likely hazards you may encounter during swimming activities.

b. Discuss the prevention and treatment of health concerns that could occur while swimming, including hypothermia, dehydration, sunburn, heat exhaustion, heatstroke, muscle cramps, hyperventilation, spinal injury, stings and bites, and cuts and scrapes.

2. Before doing the following requirements, 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. Swim continuously for 150 yards using the following strokes in good form and in a strong manner: front crawl or trudgen for 25 yards, back crawl for 25 yards, sidestroke for 25 yards,

breaststroke for 25 yards, and elementary backstroke for 50 yards.

4. Do the following:

a. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

b. With a helper and a practice victim, show a line rescue both as tender and as rescuer. The practice victim should be approximately 30 feet from shore in deep water.

5. Do the following:

a. Float faceup in a resting position for at least one minute.

b. Demonstrate survival floating for at least five minutes.

c. While wearing a properly fitted U.S. Coast Guard–approved life jacket, demonstrate the HELP and huddle positions. Explain their purposes.

d. Explain why swimming or survival floating will hasten the onset of hypothermia in cold water.

6. In water over your head, but not to exceed 10 feet, do each of the following:

a. Use the feetfirst method of surface diving and bring an object up from the bottom.

b. Do a headfirst surface dive (pike or tuck), and bring the object up again.

c. Do a headfirst surface dive to a depth of at least 5 feet and swim underwater for three strokes. Come to the surface, take a breath, and repeat the sequence twice.

7. Following the guidelines set in the BSA Safe Swim Defense, in water at least 7 feet deep\*, show a standing headfirst dive from a dock or pool deck. Show a long shallow dive, also

from the dock or pool deck.

\*If your state, city, or local community requires a water depth greater than 7 feet, it is important to abide by that mandate.

8. Explain the health benefits of regular aerobic exercise, and discuss why swimming is favored as both fitness and therapeutic exercise.



Lifesaving Merit Badge Requirements

Lifesaving Merit Badge Requirements

https://filestore.scouting.org/filestore/Merit\_Badge\_ReqandRes/Lifesaving.pdf

2019 06 27

1. Before doing requirements 2 through 17:

(a) Complete Second Class rank requirements 5a through 5d and First Class rank requirements 6a, 6b, and 6e.

Second Class rank requirements 5a through 5d:

(5a) Tell what precautions must be taken for a safe swim.

(5b) Demonstrate your ability to pass the BSA beginner test: Jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.

(5c) Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects.

(5d) Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim.

First Class rank requirements 6a, 6b, and 6e:

(6a) Successfully complete the BSA swimmer test.

(6b) Tell what precautions must be taken for a safe trip afloat.

(6e) With a helper and a practice victim, show a line rescue both as tender and as rescuer.

(The practice victim should be approximately 30 feet from shore in deep water.)

(b) Swim continuously for 400 yards using each of the following strokes in a strong manner, in good form with rhythmic breathing, for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.

2. Discuss and review with your counselor the principles of BSA Safe Swim Defense.

3. Explain the following:

(a) Common drowning situations and how to prevent them.

(b) How to identify persons in the water who need assistance.

(c) The order of methods in water rescue.

(d) How rescue techniques vary depending on the setting and the condition of the person needing assistance.

(e) Situations for which in-water rescues should not be undertaken.

4. Demonstrate “reaching” rescues using various items such as arm, leg, towels, shirts, paddles, and poles.

5. Demonstrate “throwing” rescues using various items such as a line, ring buoy, rescue bag, and free-floating support. Successfully place at least one such aid within reach of a practice victim 25 feet from shore.

6. With your counselor’s approval, view in-person or on video a rowing rescue performed using a rowboat, canoe, kayak, or stand up paddleboard. Discuss with your counselor how effectively and efficiently the rescue was performed.

7. List various items that can be used as aids in a “go” rescue. Explain why buoyant aids are preferred.

8. Correctly demonstrate rescues of a conscious practice subject 30 feet from shore in deep water using two types of buoyant aids provided by your counselor. Use a proper entry and a strong approach stroke. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

(a) Present one aid to a subject, release it, and swim at a safe distance as the subject moves to safety.

(b) In a separate rescue, present the other aid to a subject and use it to tow the subject to safety.

9. Discuss with your counselor when it is appropriate to remove heavy clothing before attempting a swimming rescue. Remove street clothes in 20 seconds or less, enter the water, and approach a conscious practice subject 30 feet from shore in deep water. Speak to the subject and use a nonbuoyant aid, such as a shirt or towel, to tow the subject to safety.

10. Discuss with your counselor the importance of avoiding contact with an active subject and demonstrate lead-and-wait techniques.

11. Perform the following non-equipment rescues for a conscious practice subject 30 feet from shore. Begin in the water from a position near the subject. Speak to the subject to determine his or her condition and to provide instructions and encouragement.

(a) Perform an armpit tow for a calm, responsive, tired swimmer resting with a back float.

(b) Perform a cross-chest carry for an exhausted, responsive subject treading water.

12. In deep water, show how to escape from a victim’s grasp on your wrist. Repeat for front and rear holds about the head and shoulders.

13. Perform the following rescues for an unconscious practice subject at or near the surface 30 feet from shore. Use a proper entry and strong approach stroke. Speak to the subject and splash water on the subject to determine his or her condition before making contact. Quickly remove the victim from the water, with assistance if needed, and position for CPR.

(a) Perform an equipment assist using a buoyant aid.

(b) Perform a front approach and wrist tow.

(c) Perform a rear approach and armpit tow.

14. Discuss with your counselor how to respond if a victim submerges before being reached by a rescuer, and do the following:

(a) Recover a 10-pound weight in 8 to 10 feet of water using a feetfirst surface dive.

(b) Repeat using a headfirst surface dive.

15. Demonstrate knowledge of resuscitation procedures:

(a) Describe how to recognize the need for rescue breathing and CPR.

(b) Demonstrate CPR knowledge and skills, including rescue breathing, consistent with current guidelines.\*

\*Your counselor may accept recent training in CPR by a recognized agency as completion of this requirement only if he or she feels your skills are satisfactory and need no additional reinforcement.

16. Demonstrate management of a spinal injury to your counselor:

(a) Discuss the causes, signs, and symptoms of a spinal injury.

(b) Support a faceup subject in calm water of standing depth.

(c) Turn a subject from a facedown to a faceup position in water of standing depth while maintaining support.

17. With your counselor, discuss causes, prevention, and treatment of other injuries or illnesses that could occur while swimming or boating, including hypothermia, dehydration, heat-related illnesses, muscle cramps, sunburn, stings, and hyperventilation.



Canoeing Merit Badge Requirements

<https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/Canoeing.pdf>

2020 02 14

1. Do the following:

(a) 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.

(b) Review prevention, symptoms, and first-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.

(c) Discuss the BSA Safety Afloat policy. Tell how it applies to canoeing activities.

2. Before doing the following requirements, 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) 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.

4. Do the following:

(a) 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.

(b) Demonstrate how to size correctly a paddle for a paddler in a sitting position and a kneeling position.

5. Do the following:

(a) 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.

(b) Demonstrate how to select and properly fit 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:

(a) 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.

(b) Using the containers and packs from requirement 7a, demonstrate how to load and secure the containers and other equipment in the canoe.

(c) 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:

(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.

9. With a companion, use a properly equipped canoe to demonstrate the following:

(a) In deep water, exit the canoe and get back in without capsizing.

(b) Safely perform a controlled capsize of the canoe and demonstrate how staying with a capsized canoe will support both paddlers.

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

(d) 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:

(a) Forward stroke

(b) Backstroke

(c) Draw

For stern paddling only:

(d) J-stroke

(e) Pushaway

(f) Forward sweep

(g) Reverse sweep

(h) Rudder stroke

(i) 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:

(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.

12. Use a properly equipped canoe to 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 sweep, J-stroke, and rudder stroke. Repeat while paddling on the other side.

(c) 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.

(d) 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:

(a) Olympic canoe sprint

(b) Flatwater and river touring

(c) Outrigger

(d) Marathon

(e) Freestyle

(f) Whitewater

(g) Canoe poling



Kayaking Merit Badge Requirements

<https://filestore.scouting.org/filestore/Merit_Badge_ReqandRes/Kayaking.pdf>

2020 02 14

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.