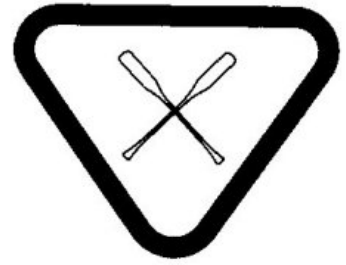


# The Outdoors



## Watercraft Badge

CHECK OFF WHEN COMPLETED AND WRITE THE DATE.

Hold the Canadian Red Cross AquaQuest Level 8 plus Club Swimmer Badge requirements 5 and 6

- \_\_\_\_\_ ( ) 1. Explain and show the correct way to wear a life jacket or Personal Flotation Device (PFD) while boating.
- \_\_\_\_\_ ( ) 2. Describe the signs of dangerous weather and water conditions for boating, and what to do when you see them.
- \_\_\_\_\_ ( ) 3. Demonstrate how to safely enter, change places in and exit a boat, showing how to move calmly and keeping your weight low and centered. Know how to behave in a boat.
- \_\_\_\_\_ ( ) 4. Demonstrate the following on land or water:
  - a) Reach out to someone with a paddle or rope.;
  - b) While wearing your PFD, curl up in a ball to form the Heat Escape Lessening Position (HELP) to keep warm in the water.
  - c) With a small group who are all wearing PFD's, huddle together to make the HUDDLE position to keep you and others warm in the water.
  - d) Rescue breathing.
- \_\_\_\_\_ ( ) 5. Know the importance of staying with your boat if you fall out or tip over.
- \_\_\_\_\_ ( ) 6. With a buddy or adult, launch a boat and travel in a straight line for 50 metres, turn and come back.

Note: Direct human contact, (human to human) is not required for Cubs practicing rescue breathing.

**I completed my Watercraft Badge requirements on:** \_\_\_\_\_

**Name:** \_\_\_\_\_