

# Outdoors Category



## Paddling

### 1. Safety

- a) Explain safety in, on and around water. \_\_\_\_\_
- b) Properly select and wear a suitable PFD or life jacket, explain your choice and how it applies to Scouts Canada regulations. \_\_\_\_\_
- c) Demonstrate the use of a rescue-line throwing assist and an additional reaching or throwing assist. \_\_\_\_\_
- d) Explain and demonstrate self-rescue. i.e. Swim canoe ashore. \_\_\_\_\_
- e) Explain and demonstrate Canoe-over-Canoe rescue \_\_\_\_\_

### 2. Knowledge

- a) Name and point out 10 parts on your craft and 5 paddle parts. \_\_\_\_\_
- b) Explain the care and handling of your small craft, including launching and landing from a dock or shore. \_\_\_\_\_
- c) Explain how to avoid the following conditions and their treatment :
  - Hypothermia \_\_\_\_\_
  - Heat Exhaustion \_\_\_\_\_
  - Heat Stroke \_\_\_\_\_
  - UV ray exposure \_\_\_\_\_
- d) Know the Transport Canada Regulations that apply to your small craft. \_\_\_\_\_

### 3. Skills

- a) Paddle equally well in bow and stern or, if your craft requires, solo. \_\_\_\_\_
- b) Demonstrate the stability of your craft, i.e. rocking vigorously \_\_\_\_\_
- c) Pivot your craft 360 degrees, in both directions. \_\_\_\_\_
- d) Paddle a straight line for 100m. \_\_\_\_\_
- e) Demonstrate the following strokes as they apply to your craft :
  - Forward bow stroke \_\_\_\_\_
  - "J" stroke \_\_\_\_\_
  - Stopping \_\_\_\_\_
  - Sweep \_\_\_\_\_
  - Reverse Paddling \_\_\_\_\_
  - Draw \_\_\_\_\_
  - Pry \_\_\_\_\_
- f) Paddle a distance of 10km . \_\_\_\_\_