

CANOEING

SAINTS GLOBAL MEMBER

NAME: _____

BATTALION: _____

TROOP: _____

SKILL BADGE ADVISOR

NAME: _____

EMAIL: _____

PHONE: _____

STEP 1 | DISCOVER

INITIALS

- a) Explain common canoeing hazards (weather, cold water, current, obstacles, fatigue) and how to anticipate, prevent, mitigate, and respond to them. (TLX: 1.0) _____
- b) Explain prevention, symptoms, and first aid for canoeing-related conditions including hypothermia, dehydration, heat illness, sunburn, blisters, sprains, and strains. (TLX: 1.2) _____
- c) Explain the Safety Afloat policy and how it applies to canoeing activities. (TLX: 1.0) _____

STEP 2 | PLAN

INITIALS

- a) Explain the swimmer classification test and why swimming ability is required for safe canoeing. (TLX: 1.2) _____
- b) Identify the major parts of a canoe and explain how canoe length and hull shape affect stability, speed, and maneuverability. (TLX: 1.3) _____
- c) Identify parts of a paddle and demonstrate correct paddle sizing for both sitting and kneeling positions. (TLX: 1.3) _____

STEP 3 | ACT

INITIALS

- a) Safely carry, launch, land, and store a canoe from both shore and dock when available, working effectively with a partner. (TLX: 1.8) _____
- b) Demonstrate proper sitting and kneeling positions and safely change positions with a partner while afloat. (TLX: 1.8) _____

- c) Demonstrate controlled deep-water exits, reentries, and a planned capsize while maintaining contact with the canoe. (TLX: 2.0) _____
- d) Rescue a swamped canoe and paddlers, including towing or pushing the canoe at least 50 feet and emptying and reentering it safely. (TLX: 2.0) _____
- e) Demonstrate throw-bag rescue technique from shore and correctly repack the bag afterward. (TLX: 1.8) _____
- f) Demonstrate tandem canoe maneuvers including pivots, side-slips, stops, straight-line travel, arcs, reverse travel, and a figure-eight course while maintaining trim and balance. (TLX: 2.0) _____

STEP 4 | REFLECT

INITIALS

- a) Explain what canoeing skill required the most teamwork or coordination and how you improved it through practice. (TLX: 1.2) _____
- b) Describe how canoeing builds patience, communication, and responsibility in water-based activities. (TLX: 1.2) _____

END OF REQUIREMENTS

BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.

SKILL BADGE ADVISOR

DATE (YYYY-MM-DD)