

## Outdoor Adventure Skills by Topic

# Paddling Skills, Stages 1-4 by topic

|   | Safety   | Technique  | Expedition Skills  | Education   | Adventures  |
|---|--|--|--|---|---|
|    | <p>1.1 I can <b>jump into</b> chest-deep <b>water</b> with PFD on.</p> <p>1.3 I can explain what a <b>PFD</b> is for.</p> <p>1.4 I can <b>put on my PFD</b> &amp; know how it should <b>fit</b>.</p> <p>1.7 ... how to <b>behave safely</b> in my canoe or kayak.</p> <p>1.8 I can explain <b>why</b> I should <b>care</b> for my PFD.</p> <p>1.9 I can explain the <b>risks of cold water</b>.</p> <p>1.10 ... how to <b>contact</b> the <b>emergency services</b>.</p>   | <p>1.6 I can demonstrate the <b>correct way to hold my paddle</b>.</p> <p>1.11 I can <b>get in and out</b> of my watercraft <b>safely</b>.</p>   | <p>1.2 I can <b>blow bubbles</b> in the water for <b>10 seconds</b>.</p>   | <p>1.5 I can show where <b>the bow and stern</b> are in a canoe or kayak.</p>   | <p>1.12 I have taken part in a short paddling <b>adventure</b> of at least <b>one hour</b>.</p>   |
|    | <p>2.2 ... <b>difference</b> between a PFD and a <b>life jacket</b>.</p> <p>2.4 I can explain why I should <b>not drink the water</b> ... paddling on until it has been filtered or treated.</p> <p>2.5 I can <b>identify the equipment</b> Transport Canada <b>requires</b> me to have in my canoe or kayak.</p> <p>2.6 ... the <b>safety rules</b> for being <b>near water</b>.</p> <p>2.10 I can <b>get help</b> if ... somebody in <b>difficulty</b> ...</p> <p>2.11 I am familiar with <b>common whistle signals</b> ...</p> <p>2.14 ... the signs/symptoms of <b>mild hypothermia</b>.</p> | <p>2.7 I can list the <b>appropriate action</b> I should take if I <b>capsize</b> in a canoe or kayak.</p> <p>2.12 I have used a <b>throw bag</b>.</p> <p>2.13 I can <b>identify</b> the <b>parts</b> of my <b>watercraft</b> and my <b>paddle</b>.</p>  | <p>2.1 I can <b>swim 25 metres</b> with PFD on.</p> <p>2.3 Before I launch my watercraft, I can <b>show where I am allowed to go</b> canoeing or kayaking.</p>           | <p>2.8 I have <b>explained</b> some of the ways that paddling a canoe or kayak can have a <b>negative impact</b> on the <b>environment</b> where I am paddling.</p>   | <p>2.15 I have taken part in an at least <b>two paddling activities</b>.</p>  |
|   | <p>3.7 I know what the <b>risks</b> are for paddling in <b>different weather conditions</b>.</p> <p>3.8 I can make a <b>recognized distress signal</b>.</p> <p>3.10 I have <b>helped a Stage 1 paddler</b> ... to put ... PFD on.</p>  | <p>3.2 ... how to <b>choose a paddle</b> ... the correct size.</p> <p>3.3 With help from my team or my Scouter, I can <b>paddle</b> my canoe or kayak <b>forward a short way</b>.</p> <p>3.4 I have <b>capsized</b> a canoe while sitting in it.</p> <p>3.5 I can <b>get back into</b> my canoe or kayak <b>with help</b> from someone in another watercraft if ... capsized.</p> <p>3.9 I can <b>throw a throw bag</b>.</p>                               | <p>3.1 I can <b>swim 100 metres</b> with my PFD on using any stroke.</p>   | <p>3.6 I know how and where to <b>get</b> the latest <b>weather forecast</b> for the area where I will be paddling.</p>   | <p>3.11 I have taken part in <b>two paddling activities</b>.</p>  |
|  | <p>4.1 ... <b>HELP &amp; Huddle</b> positions ... w/PFD.</p> <p>4.5 ... helped a <b>Stage 2</b> paddler to explain the basic <b>safety rules</b> for being near water.</p> <p>4.12... describe ... <b>conditions</b> that make <b>paddling unsafe</b> and ... <b>what to do</b> ...</p> <p>4.14 I can identify <b>three methods</b> for <b>helping</b> someone in the water to reach safety and have demo'd how to use them.</p> <p>4.17 I can explain what a <b>float plan</b> is.</p>  | <p>4.8 ... <b>paddle</b> a canoe/ kayak in a straight <b>line</b> going forward for at least <b>50 metres</b>.</p> <p>4.9 I can make my canoe or kayak <b>turn</b> in the direction I want it to turn.</p> <p>4.10 I can demo <b>basic canoe strokes</b> (<i>forward, reverse, draw, pry, stop, j, sweep</i>).</p> <p>4.11 I can explain why my watercraft needs a <b>painter</b> and can attach one...</p> <p>4.15 I can <b>throw a throw bag</b> ...</p> | <p>4.2 I can explain <b>what clothing</b> should be worn while canoe <b>tripping</b>.</p> <p>4.6 I can <b>explain</b> the seven principles of <b>Leave No Trace</b>.</p> | <p>4.3 I can <b>assist</b> in <b>launching</b> and <b>landing</b> a canoe or kayak.</p> <p>4.4 I can <b>trade places</b> w/ paddling partner ...</p> <p>4.13 ... explain <b>why</b> canoes/kayaks <b>important</b> to ... aboriginal people &amp; the <b>history</b> of Canada.</p> | <p>4.7 I have taken part in a canoe/kayak <b>raft-up</b>...</p> <p>4.16 I have taken part in &amp; <b>logged</b> at least <b>four paddling activities</b>.</p> <p>4.18 ... one paddling activity of at least <b>eight hours</b> duration, incl. making/eating a meal.</p> |

Edited for brevity. Be sure to consult the official documentation [www.scouts.ca/scoutinglife/wp-content/uploads/oas/paddling-skills-en.pdf](http://www.scouts.ca/scoutinglife/wp-content/uploads/oas/paddling-skills-en.pdf) as well as the complete wiki references [wiki.scouts.ca/en/Paddling\\_Skills](http://wiki.scouts.ca/en/Paddling_Skills) and [wiki.scouts.ca/en/Paddling\\_Skills\\_by\\_Topic](http://wiki.scouts.ca/en/Paddling_Skills_by_Topic)