



SCOUTING  
IRELAND

# Paddling

# Adventure

# Skills 1-9



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## **Stage 1**

I have discussed what a wet suit does.

I know what a buoyancy aid and life jacket are for.

I can show where the bow and stern are in a kayak or boat.

I understand why I should follow directions from an instructor.

I can show the limits of where I may go each time I go afloat for paddling.

I know about the buddy system.

I know why I should care for my wet suit, buoyancy aid and 'cag' after use.

I know not to go afloat if the wind is greater than Force 4.

I know how to contact the emergency services.

I have taken part in a short exercise afloat.

## **Stage 2**

I can explain what special clothing is to be worn while taking part in a water based activity.

I can put on my own personal flotation device.

Before I launch my boat, I can show where and when I am allowed to go.

I have discussed 'Weil's' disease and the precautions necessary to take in open water activities.

I have drawn a poster demonstrating the safety rules for swimming.

I have taken part in an activity on safe enclosed waters involving paddling a Canadian Canoe.

I have discussed the appropriate action I should take in the case of a capsize.

I have explained what impact I can have on local vegetation when launching and retrieving a boat.

I know how to raise the alarm if I see somebody in difficulty on the water.

I know what hypothermia is.

I have taken part in at least two activities afloat.

### **Stage 3**

I can explain the importance of wearing the right clothing and gear while afloat.

I can show how to test a raft for secure construction.

I know how to do CPR and place a victim in the recovery position.

I know how to make use of a paddle while on a raft.

I know what to do in the case of a capsize or raft breakup and the procedures to follow.

I know how to tie and when to use the following Knots; Round - turn-and-two-half-hitches, Figure-eight, Bowline, Reef Knot, Clove Hitch.

I can tie a square lashing.

I know how and where to get the latest weather forecast for the area i will be paddling in.

I can make a recognised distress signal.

I know that i should follow the instructions of the person in charge of the boat.

I have taken part in making a simple raft for four people.

#### **Stage 4**

I can explain why wearing the correct outer wear is important.

I can assist in the launch and recovery of a raft.

I know the safety precautions required for water based activities.

I know the main points of 'Leave No Trace'.

I can work as part of a team to paddle a raft on a triangular course.

I can tie the following - round turn and two half hitches, figure of eight, bowline.

I can demonstrate how to whip a ropes end and then show how to coil the rope.

I know the Beaufort wind scale up to Force 6.

I can demonstrate throwing a Throw Line to a casualty, preparing the rope for the throw and instructing the casualty to use the rope. Heave the casualty to shore. This can be demonstrated in open water or a swimming pool.

I have taken part in and logged at least four rafting activities.

I have taken part in three activities on safe enclosed waters involving paddling a Canadian Canoe.

#### **Stage 5**

A Scout seeking this award must be at least 10 and physically large enough to kayak.

I know the difference between winter and summer kayaking.

I can demonstrate an understanding of the basic safety rules of kayaking.

I can demonstrate my ability to enter and exit a kayak correctly.

I can demonstrate forward paddle, reverse paddle, and stop.

I can show my ability to turn while stationary using forward sweep stroke, reverse sweep stroke and a combination of forward and reverse sweep strokes.

I can demonstrate correctly and confidently the capsize drill.

I can demonstrate how to take part in a kayak raft-up and explain its uses.

I can demonstrate forward and reverse paddling in a kayak.

I can demonstrate stopping in a kayak.

I can demonstrate forward and reverse sweep stroke in a kayak.

## **Stage 6**

Demonstrations at this level will also include previous paddling strokes learned.

I can demonstrate an understanding of the basic safety rules of kayaking.

Simple Draw stroke, Low brace, Low brace turn, Edging while kayak is moving, Capsize drill.

An ability to assist in a H rescue, and in an assisted X rescue.

## **Stage 7**

Demonstrations at this level will also include previous paddling strokes learned.

Forward ferry gliding, reverse ferry gliding, breaking in, breaking out.

Eskimo rescue, Eskimo roll.

I can demonstrate my understanding of the use of defensive swimming.

I can demonstrate my understanding of eddies, standing waves, V waves, stoppers, and easy river routes i.e. The main flow of a grade II rapid.

I can demonstrate my understanding of good control i.e. Responding to various signals and commands.

## **Stage 8**

Demonstrations at this level will also include previous paddling strokes learned.

I can demonstrate High recovery, Sculling for support, Sculling draw, Draw stroke, Hanging Draw, strokes.

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I can completely negotiate water obstructions i.e. Standing Waves, Stoppers, and an ability to utilise it to cross a river.

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## **Stage 9**

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I can demonstrate an ability to assess a group's competence to deal with conditions likely to be encountered on Grade 4 and advanced White Water Rivers.

I can demonstrate an ability to command trust from a group of peers while on rivers of Grade 4 and advanced White Water.

I can demonstrate the necessary skills to communicate effectively with other group members on Grade 4 and advanced white water rivers.

I can deal efficiently with rescue situations likely to occur on Grade 4 and advanced white water rivers.

I can demonstrate a constant awareness of other group members, their location on the river and within the group.

I can demonstrate a sufficient knowledge of the rivers environs.