



Instructor  
Required

HELPING HAND

4

## Canoeing

1. Earn the Swimming I award.
2. Paddle for a distance of 55 yards (50 meters). Turn right and left, maintaining the oars on the same side of the canoe.
3. Enter and exit a canoe from a dock and from shore without getting wet or getting water in the canoe.
4. Know what the bow and stern of the canoe are and learn to maintain stability in a canoe that is being rocked by the water.
5. Know how to prepare for canoeing.
  - a. Know how to dress appropriately.
  - b. Know what precautions to take in different climate circumstances.



**Leaders' Note:** Your Adventurers must complete the Swimming I award before starting the Canoeing award.

The Adventurer must be accompanied by a canoeing instructor at all times. The instructor should be experienced in canoeing. Adventurers must wear a life jacket during demonstration and practice in the water.