



Instructor
Required

HELPING HAND

4

Canoeing

1. Earn the Swimming I award.
2. Paddle for a distance of 50 meters; turn right and left, always 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 prow and stern of the canoe are and learn to maintain stability in a canoe that is being shaken 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.