

CANOEING MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the current *Scouts BSA Requirements*.

Consider also using the Canoeing merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity ([online](#) or [in-person](#)).

<https://scoutmasterbucky.com/merit-badges/canoeing/>

Scout's
Name:

REQUIREMENT 1: Do the following:

REQUIREMENT 1 A: Explain to your counselor the most likely hazards you may encounter while participating in canoeing activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Most likely hazards

Anticipate hazards

Prevent hazards

Mitigate hazards

Respond to hazards

REQUIREMENT 1 B: Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that could occur while canoeing: blisters, cold-water shock and hypothermia, dehydration, heat-related illnesses, sunburn, sprains, and strains.

Blisters

Cold-water shock and hypothermia

Dehydration

Heat-related illnesses

Sunburn

Sprains and strains

REQUIREMENT 1 C: Discuss the BSA Safety Afloat policy. Tell how it applies to canoeing activities.

REQUIREMENT 2: Before doing the following requirements, successfully complete the BSA swimmer test: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

Swim Test Observer Name

Phone

Swim Test Observer Signature

Date



Approved

REQUIREMENT 3 A: Name and point out the major parts of a canoe.

REQUIREMENT 3 B: Describe how the length and shape of a canoe affect its performance.

REQUIREMENT 3 C: Discuss the advantages and disadvantages of the different materials used to make canoes.

REQUIREMENT 4 A: Name and point out the parts of a paddle.

REQUIREMENT 4 B: Demonstrate how to size correctly a paddle for a paddler in a sitting position and a kneeling position.

REQUIREMENT 5: Do the following:

REQUIREMENT 5 A: Discuss with your counselor the characteristics of life jackets most appropriate for canoeing and tell why a life jacket must always be worn while paddling.

Characteristics of life jackets most appropriate for canoeing

Why a life jacket must always be worn while paddling

REQUIREMENT 5 B: Demonstrate how to select and properly fit the correct size life jacket.

Completed

REQUIREMENT 5 C: Review the importance of safety and rescue equipment such as a sound signal device, extra paddle, sponge, bailer, bilge pump, rescue sling, ropes and throw bag.

REQUIREMENT 6: Discuss with your counselor the general care and maintenance of canoes, paddles, and other canoeing equipment.

REQUIREMENT 7: Do the following:

REQUIREMENT 7 A: Discuss what personal and group equipment would be appropriate for a canoe camping trip. Describe how personal and group equipment can be packed and protected from water.

What personal and group equipment would be appropriate for a canoe camping trip

How personal and group equipment can be packed and protected from water

REQUIREMENT 7 B: Using the containers and packs from requirement 7a, demonstrate how to load and secure the containers and other equipment in the canoe.

Completed

REQUIREMENT 7 C: Using appropriate knots, including a trucker's hitch, tautline hitch, and bowline, demonstrate how to secure a canoe to a vehicle or a trailer, or if these are not available, a rack on land.

Completed

REQUIREMENT 8: With a companion, use a properly equipped canoe to demonstrate the following:

- a. Safely carry and launch the canoe from a dock or shore (both, if possible).
- b. Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.
- c. Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
- d. Change places while afloat in the canoe.

REQUIREMENT 9: With a companion, use a properly equipped canoe to demonstrate the following:

- a. In deep water, exit the canoe and get back in without capsizing.
- b. Safely perform a controlled capsize of the canoe and demonstrate how staying with a capsized canoe will support both paddlers.
- c. Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.
- d. In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing.

REQUIREMENT 10: With a companion, use a properly equipped canoe to demonstrate the following paddling strokes as both a bow and stern paddler:

- | | | |
|--|--|----------------------------------|
| <input type="checkbox"/> a. Forward stroke | <input type="checkbox"/> b. Backstroke | <input type="checkbox"/> c. Draw |
|--|--|----------------------------------|

For stern paddling only:

- | | | |
|---|---|---|
| <input type="checkbox"/> d. J-stroke | <input type="checkbox"/> e. Pushaway | <input type="checkbox"/> f. Forward sweep |
| <input type="checkbox"/> g. Reverse sweep | <input type="checkbox"/> h. Rudder stroke | <input type="checkbox"/> i. Stern pry |

REQUIREMENT 11: Using the strokes in requirement 10, and in an order determined by your counselor, use a properly equipped canoe to demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Each paddler must demonstrate these maneuvers in both the bow and stern and on opposite paddling sides:

a. Pivot or spin the canoe in either direction.

Bow, left side

Bow, right side

Stern, left side

Stern, right side

b. Move the canoe sideways or abeam in either direction.

Bow, left side

Bow, right side

Stern, left side

Stern, right side

c. Stop the canoe.

Bow, left side

Bow, right side

Stern, left side

Stern, right side

d. Move the canoe in a straight line for 50 yards.

Bow, left side

Bow, right side

Stern, left side

Stern, right side

REQUIREMENT 12: Use a properly equipped canoe to demonstrate solo canoe handling:

a. Launch from shore or a pier (both, if possible).

b. Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the forward stroke, backstroke, draw stroke, pushaway stroke, forward sweep, reverse sweep, J-stroke, and rudder stroke. Repeat while paddling on the other side.

c. Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of a combination of a forward stroke, rudder stroke, and stern pry by canoeing to a target 50 yards away. Repeat while paddling on the other side.

d. Make a proper landing at a dock or shore (both, if possible). Store canoe properly (with assistance, if needed).