



SCOUTMASTER BUCKY

Rowing Merit Badge

SCOUTS PARTICIPATING IN A SCOUTMASTER BUCKY MERIT BADGE OPPORTUNITY (ONLINE OR IN PERSON), PLEASE CONSIDER ALSO USING THE ROWING MERIT BADGE CLASS PREPARATION PAGE FOR CLARIFICATIONS, INSIGHTS, AND EXPECTATIONS.

<https://scoutmasterbucky.com/merit-badges/rowing/rowing-cpp.pdf>

ROWING MERIT BADGE WORKBOOK

REQUIREMENT 1a: Explain to your counselor the most likely hazards you may encounter while participating in rowing activities, including weather- and water-related hazards, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

HAZARD #1

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

HAZARD #2

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

HAZARD #6

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 1b: Review prevention, symptoms, and first-aid treatment for the following injuries or illnesses that can occur while rowing: blisters, hypothermia, heat-related illnesses, dehydration, sunburn, sprains, and strains.

BLISTERS

Prevention:

Symptoms:

Treatment:

HYPOTHERMIA

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

Rowing Merit Badge

HEAT-RELATED ILLNESSES

Prevention:

Symptoms:

Treatment:

DEHYDRATION

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

Rowing Merit Badge

SUNBURN

Prevention:

Symptoms:

Treatment:

SPRAINS

Prevention:

Symptoms:

Treatment:



SCOUTMASTER BUCKY

Rowing Merit Badge

STRAINS

Prevention:

Symptoms:

Treatment:

REQUIREMENT 1c: Discuss the BSA Safety Afloat policy.

1. Qualified Supervision
2. Personal Health Review
3. Swimming Ability
4. Life Jackets
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline



REQUIREMENT 1c: Tell how the BSA Safety Afloat policy applies to rowing activities.

Notes:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 2: Before completing requirements 4, 5, 6, and 7, successfully complete the BSA swimmer test.



This requirement must be completed with a certified BSA Aquatics Swim Tester.

REQUIREMENT 3: Review the characteristics of life jackets most appropriate for rowing.

This requirement must be reviewed with your merit badge counselor.



REQUIREMENT 3: Review why a life jacket must always be worn while rowing.

Notes:

REQUIREMENT 3: Demonstrate how to select and fit a life jacket.

Don't forget to bring your demonstration items to share and review with your merit badge counselor.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENTS 4, 5, 6, and 7 ARE ALL SKILL-BASED REQUIREMENTS. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER WITH A CANOE BOTH INDIVIDUALLY AND WITH A COMPANION OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

SCOUTS NOT ABLE TO PHYSICALLY PERFROM THESE SKILLS WILL FIND IT DIFFICULT TO COMPLETE

DO ONE OF THE FOLLOWING (4A or 4B) FOR REQUIREMENT 4

REQUIREMENT 4a:	Alone or with a passenger, do the following in either a fixed-seat or sliding-seat rowboat: <ol style="list-style-type: none">1. Launch2. Row in a straight line for 100 yards. Stop, pivot, and return to the starting point3. Backwater in a straight line for 25 yards. Make a turn under way and return to the starting point4. Land and moor or rack your craft5. Tie the following mooring knots—clove hitch, roundturn with two half-hitches, bowline, Wellman's knot, and mooring hitch
REQUIREMENT 4b:	Participate as a rowing team member in a competitive rowing meet. The team may be sponsored by a school, club, or Scout unit. The meet must include competition between two or more teams with different sponsors. Complete at least 10 hours of team practice prior to the meet.

DO ONE OF THE FOLLOWING (5A or 5B) FOR REQUIREMENT 5

REQUIREMENT 5a:	In a fixed-seat rowboat, come alongside a pier and help a passenger into the boat. Pull away from the pier, change positions with your passenger, and demonstrate sculling over the stern or side. Resume your rowing position, return alongside the pier, and help your passenger out of the boat.
REQUIREMENT 5b:	In a sliding-seat rowboat, come alongside a pier and, with your buddy assisting you, get out onto the pier. Help your buddy into the boat. Reverse roles with your buddy and repeat the procedure.
REQUIREMENT 6:	Participate in a swamped boat drill including righting and stabilizing the craft, reboarding in deep water, and making headway. Tell why you should stay with a swamped boat.
REQUIREMENT 7:	Alone in a rowboat, push off from the shore or a pier. Row 20 yards to a swimmer. While giving instructions to the swimmer, pivot the boat so that the swimmer can hold on to the stern. Tow the swimmer to shore.





SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 8a: Describe the types of craft used in commercial, competitive, and recreational rowing.

Notes:

REQUIREMENT 8b: Describe the four common boatbuilding materials. Give some positive and negative points of each.

Notes:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 8c: Describe the types of oarlocks used in competitive and recreational rowing.

Notes:

REQUIREMENT 9a: Discuss the advantage of feathering oars while rowing.

Notes:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 9b: Discuss precautions regarding strong winds and heavy waves, and boat-handling procedures in rough water and windstorms.

Notes:

REQUIREMENT 9c: Discuss how to properly fit out and maintain a boat in season, and how to prepare and store a boat for winter.

Notes:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 9d: Discuss how to determine the proper length of oars.

Notes:

REQUIREMENT 9e: Discuss the differences between fixed-seat and sliding-seat rowing.

Notes:



SCOUTMASTER BUCKY

Rowing Merit Badge

REQUIREMENT 9f: Discuss the different meanings of the term *sculling* in fixed- and sliding-seat rowing.

Notes:

REQUIREMENT 9g: Discuss the health benefits from rowing for exercise.

Notes: