

## Outdoor Adventure Skills – Paddling – Stage 1

Use this resource for activities where there isn't good internet connection, or for verifiers external to Scouting to provide the youth member with evidence for their Outdoor Adventure Skills development.

### Plan>

Statement	Guidance	Youth member or verifier comments	Verifier date & name
I can explain what a PFD is for.	The youth member should be able to explain the purpose of a PFD, the differences between a PFD and lifejacket, and why they should wear a PFD during paddling activities.		
I can dress myself for a paddling trip.	The youth member should be able to select appropriate clothing for the activity and the expected weather conditions. They should wear clothing that is fast drying and able to keep them warm when wet. Depending on the weather and season, layers of clothing are usually best. A long sleeve activity shirt for sun protection, hat and closed-toe shoes are always appropriate.		
I can explain the buddy system.	The youth member should be able to describe what the buddy system is and how it is different when undertaking paddling activities.		

### Do>

Statement	Guidance	Youth member or verifier comments	Verifier date & name
I can swim 10 meters with a PFD.	The youth member needs to be able to swim 10 metres whilst correctly wearing their PFD.		
I can float with my PFD for 2 minutes.	The youth member will need to float in their PFD, whilst wearing it correctly, for 2 minutes.		
I can explain the basic risks of cold water.	The youth member should be able to discuss and demonstrate an understanding of the risks of cold water.		
I know what a forward and backward stroke are.	The youth member should be able to explain what a forward and backward stroke is, and what happens to the watercraft when these two strokes are used with a paddle.		
I can demonstrate a forward and backward stroke.	The youth member should demonstrate good technique when performing these two strokes. This includes sitting up straight, keeping hands no higher than eye height and holding the paddle correctly..		



I have taken part in a short paddling Adventure of at least one hour.	The youth member should go on a paddling adventure and practice their forward and backward strokes. They should demonstrate understanding of the buddy system and working as a team, as well as try and paddle in a straight line.		
I can take care of my equipment for the duration of a paddling trip.	The youth member will need to demonstrate looking after their equipment. This includes keeping food and warm clothing dry, using their paddle appropriately (including not digging it in the dirt when on land with it) and not crashing their watercraft into others.		
I can show where the bow and stern are in a canoe or kayak.	The youth member should be able to demonstrate where the bow and stern are located on their paddle craft. They should also be able to discuss what bow and stern represents.		

**Review>**

Statement	Guidance	Youth member or verifier comments	Verifier date & name
I can talk about my favourite thing from a paddling trip.	The youth member should always review their adventures and should talk about the favourite thing from their paddling trip with other Scouts or leaders.		