



Kayaking Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Kayaking merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/kayaking/kayaking-pamphlet.pdf>

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

REQUIREMENT 1a: Explain to your counselor the hazards you are most likely to encounter while participating in kayaking 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:



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HAZARD #2
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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HAZARD #3

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #4

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



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HAZARD #5

Description:

Anticipate:

Help Prevent:

Mitigate:

Respond:



HAZARD #6
Description:
Anticipate:
Help Prevent:
Mitigate:
Respond:



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REQUIREMENT 1b:

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

BLISTERS:

Prevention:

Symptoms:

Treatment:

COLD-WATER SHOCK:

Prevention:

Symptoms:

Treatment:



HYPOTHERMIA:

Prevention:

Symptoms:

Treatment:

HEAT-RELATED ILLNESSES:

Prevention:

Symptoms:

Treatment:



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DEHYDRATION:

Prevention:

Symptoms:

Treatment:

SUNBURN:

Prevention:

Symptoms:

Treatment:



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SPRAINS:

Prevention:

Symptoms:

Treatment:

STRAINS:

Prevention:

Symptoms:

Treatment:



REQUIREMENT 1c: Review the Scouting America 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: Explain to your counselor how the Safety Afloat policy applies to kayaking.

Notes:

REQUIREMENT 2: Before doing requirements 3 through 8, successfully complete the Scouting America 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.



This requirement must be reviewed with your merit badge counselor.



REQUIREMENT 3a: Review the characteristics of life jackets most appropriate for kayaking and understand why one must always be worn while paddling.

Notes:



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

Consider using the [Kayaking Merit Badge Pamphlet](#) for preparation information

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!





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REQUIREMENT 3b: Review the importance of safety equipment such as a signal device, extra paddle, sponge, bilge pump, and throw bag.



Signal Device:



Extra Paddle:



Sponge:



Bilge Pump:



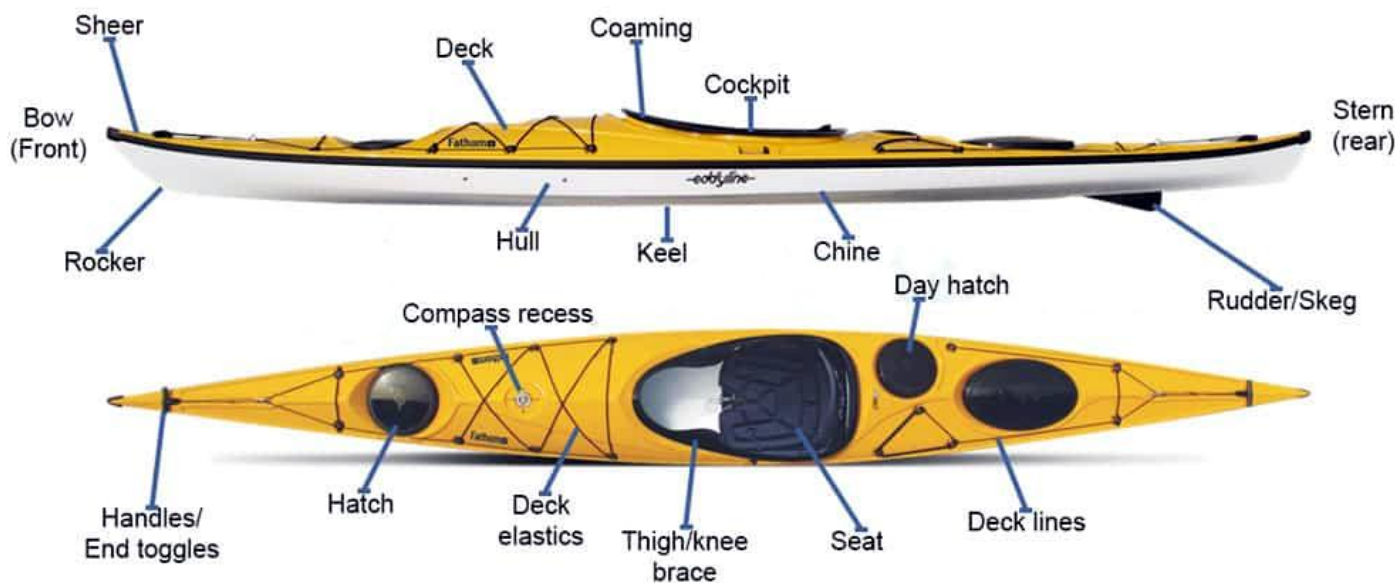
Float Bags:



Throw Bag:



REQUIREMENT 4a: Name and point out the major parts of a kayak.





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REQUIREMENT 4b:

Review the differences in the design between recreational, whitewater, and sea or touring kayaks. Include how length, width, stability, and rocker are involved in the design of each type.



Notes:



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REQUIREMENT 4c: Explain the care, maintenance, and storage of a kayak.

Care:

Maintenance:

Storage:

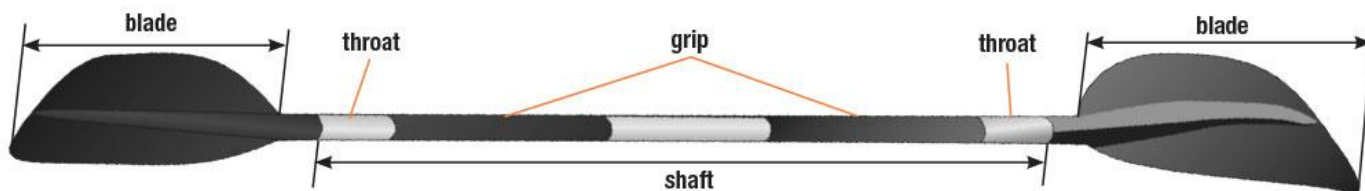


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REQUIREMENT 5a: Discuss the correct methods for the use of a kayak paddle.

Notes:

REQUIREMENT 5b: Discuss the parts of a paddle.



REQUIREMENT 5c: Discuss the care and maintenance of a paddle.

Notes:



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REQUIREMENTS 6, 7, and 8 ARE ALL SKILL-BASED REQUIREMENTS. SCOUTS WILL NEED TO SHOW, DEMONSTRATE, PERFORM, AND MANUEVER WITH THEIR KAYAK OVERSEEN AND REVIEWED BY A CERTIFIED MERIT BADGE COUNSELOR.

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

Only Scouts that are mentally and physically able to perform the tasks will be considered for sign-off. Some instructors / counselors may be able to provide some coaching, but there is no guarantee that the required skills to successfully accomplish this requirement can be developed enough for success.

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 6: Using a properly equipped kayak with an open cockpit, a sit-on-top, or an inflatable kayak, do the following:

- a. Safely capsize and perform a wet exit.
- b. Reenter the kayak with assistance from a buddy boat.
- c. Demonstrate a kayak-over-kayak rescue.
- d. Demonstrate the HELP position.
- e. Capsize the kayak, swim it and the paddle to shore, and empty water from the kayak with assistance if needed.

REQUIREMENT 7: As a solo paddler, use a properly equipped kayak to demonstrate the following:

- a. Forward stroke
- b. Backstroke
- c. Forward sweep
- d. Reverse sweep
- e. Draw stroke
- f. Stern draw

REQUIREMENT 8: As a solo paddler, use a properly equipped kayak to demonstrate the following:

- a. Paddle a straight line for 15 to 20 boat lengths using appropriate strokes while maintaining trim and balance of the kayak.
- b. Spin or pivot from a stationary position 180 degrees (half circle) to the right and left within two boat lengths.
- c. Move abeam to the right 10 feet and to the left 10 feet.
- d. Stop the boat in one boat length.
- e. While maintaining forward motion, turn the kayak 90 degrees to the right and left.
- f. Move the kayak backward three to four boat lengths using appropriate and effective reverse strokes.
- g. Paddle the kayak in a buoyed figure 8 course around markers three to four boat lengths apart.

