

Paddle Craft Safety- Basic Canoeing and Basic Kayaking Requirements:

1. Prerequisites:

- A. Be age 15 years old or older prior to training
- B. Submit written evidence of physical fitness
- C. Complete Safety Afloat training.

2. Swimming Ability:

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.

3. Personal Safety Skills:

- A. Select a life jacket of appropriate size and demonstrate proper fit.
- B. Demonstrate the feet-up floating position used if caught in a current.
- C. Demonstrate H.E.L.P and Huddle positions.
- D. Capsize and swim a boat to shore.

4. Basic boating skills: Demonstrate the following maneuvers on calm water using standard stroke techniques: *

- A. Transport boat from rack or trailer to water's edge.
- B. Safely board and launch the craft.
- C. Travel in a straight line for 50 yards.
- D. Stop the craft.
- E. From the stop, move the boat sideways first to the right, then to the left.
- F. From the stop, pivot the boat to the right, then to the left.
- G. Return to shore along a curved course demonstrating both left and right turns while underway.
- H. Land, safely exit and store the craft.

5. Group safety skills:

- A. Throw a rescue bag, laying the line within 3 feet of an object 30 feet away.
- B. Demonstrate a boat rescue of a swimmer.
- C. Demonstrate a boat-to-boat assist of a swamped boat in deep water.

6. Correctly answer 80% of the questions on the *Paddle Craft Safety* written exam covering *Safety Afloat*, trip preparation, emergency action plans, and basic boating knowledge. Review any incomplete or incorrect answers.

* Skills may be demonstrated either tandem in a canoe, or solo in a kayak. If a tandem canoe is used, each participant must demonstrate the maneuvers from both bow and stern positions.