



Kayaking

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

The work space provided for each requirement should be used by the Scout to make notes for discussing the item with his counselor, not for providing the full and complete answers. Each Scout must do each requirement.

No one may add or subtract from the official requirements found in **Boy Scout Requirements** (Pub. 33216 – SKU 34765).

The requirements were issued in 2012 • This workbook was updated in December 2013.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Phone No.: _____

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
 Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

Editor's Note: The notations in Parentheses after some requirements identify requirements for the Kayaking BSA Award which either correspond directly or in part to the requirement for the Kayaking Merit Badge.

1. Do the following
 - a. Explain to your counselor the most likely hazards you may 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.

- b. 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:

Cold water shock:

Hypothermia:

Heat related illnesses:

Dehydration:

Sunburn:

Sprains:

Strains:

- c. Review the BSA Safety Afloat policy. Explain to your counselor how this applies to kayaking activities.
(The BSA Safety Afloat policy can be found at the end of this workbook.) (Similar to KBSA 3a)

2. Before doing requirements 3 through 8, successfully complete the BSA swimmer test: Jump feet first 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. *(KBSA 1)*

3. Do the following

a. Review the characteristics of life jackets most appropriate for kayaking and why one must always be worn while paddling. Then demonstrate how to select and fit a life jacket for kayaking. *(Similar to KBSA 3b)*

b. Review the importance of safety equipment such as a signal device, air flotation bags, extra paddle, sponge, bilge pump, rescue sling, and throw bag. *(Similar to KBSA 3c)*

Signal device:

Air flotation bags:

Extra paddle:

Sponge:

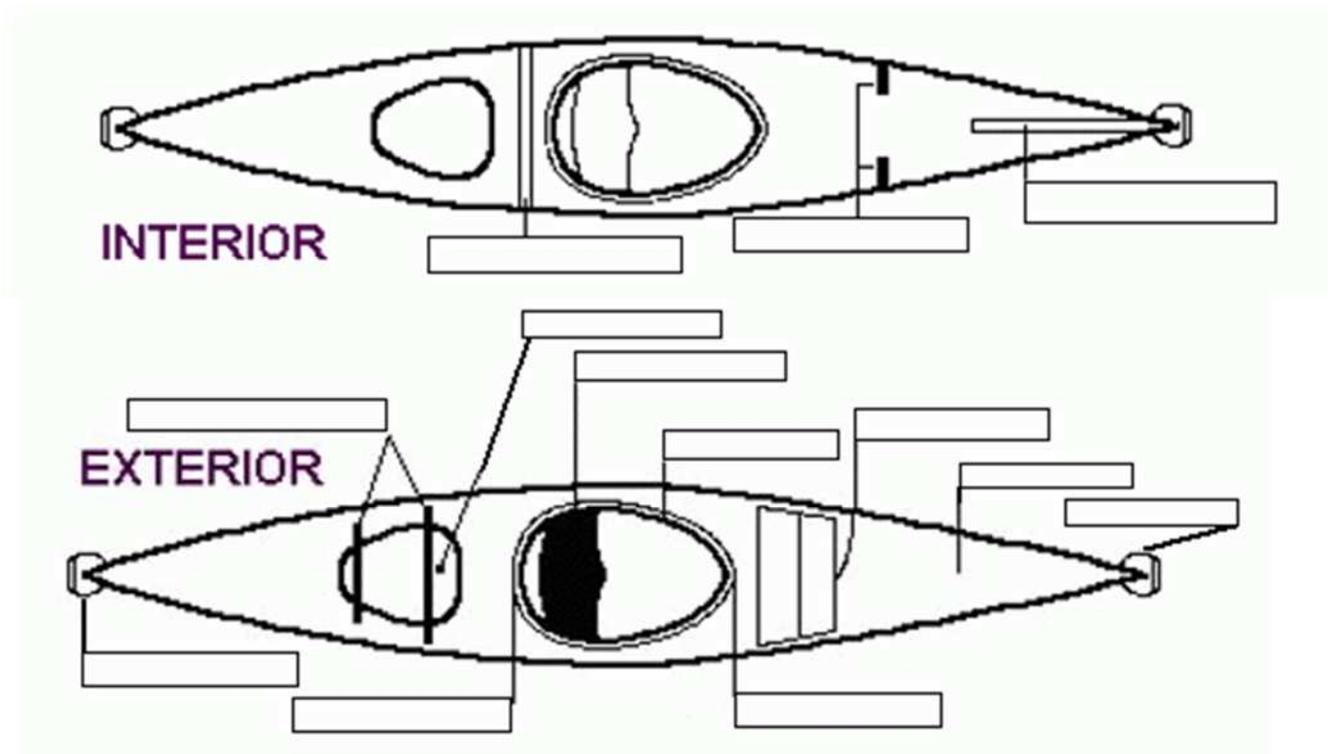
Bilge pump:

Rescue sling:

Throw bag:

4. Do the following:

- a. Name and point out the major parts of a kayak. *(Similar to KBSA 2b)*



- b. 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. *(Similar to KBSA 2a)*

recreational kayaks

Whitewater kayaks

5. Discuss the following:

a. How to choose a kayak paddle. *(Similar to KBSA 2a)*

b. The different materials from which paddles are made, parts of a paddle, and the care and maintenance of a paddle

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. *(KBSA 4a)*
- 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 then paddle to shore, and empty water from the kayak with assistance if needed.

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

- a. Forward stroke. *(KBSA 5c)*
- b. Backstroke. *(KBSA 5h)*
- c. Forward sweep. *(KBSA 5d)*
- d. Reverse sweep. *(KBSA 5e)*
- e. Draw stroke. *(KBSA 5f)*
- f. Stern draw.

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

- a. Paddle a straight line for 25 yards, make a sharp turn, and return 25 yards in a straight line. *(Part is similar to KBSA 6a)*
- b. Spin or pivot 360 degrees to the right and 360 degrees to the left. *(Similar to KBSA 6c)*
- c. Move abeam to the right 10 feet and to the left 10 feet. *(Similar to KBSA 6b)*
- d. Stop the boat in one boat length. *(Similar to KBSA 6d)*
- e. Paddle a buoyed course of a length determined by your counselor that includes two right and two left turns performed while underway

Requirement resources can be found here:
http://www.meritbadge.org/wiki/index.php/Kayaking#Requirement_resources