

Paddle, Pole, and Roll



If you are a water baby with an adventurous edge, Paddle, Pole, and Roll is an interest project with many appealing canoeing and kayaking activities for you.

Note: Always wear a personal flotation device (PFD) when participating in canoeing or kayaking activities on the water. Read the requirements for canoeing and kayaking in Safety-Wise.

Skill Builders

* Activities #1 and #2 are required before doing the other activities in this section.

* **1** In the presence of a certified lifeguard or instructor, demonstrate your ability to go under and back up to the surface of the water confidently and your comfort level in the water while wearing a PFD. Or pass an American Red Cross swim test.

* **2** Show an instructor that you can handle a canoe or kayak. Demonstrate that you can:

- Balance your craft and get in it safely.
- Start, stop, dock, and beach your craft.
- Go straight for 50 yards.
- Go backward for 50 yards.
- Go sideways for 50 yards.
- Make a left turn, a right turn, and a 360° turn.
- Swamp your canoe and paddle back to shore.
- Lift your craft over your head safely for portaging.

3 Demonstrate with proficiency for your instructor the following strokes:

- Stroke
- Sweep stroke
- Feather stroke
- Reach and pull
- Rudder
- Forward paddle
- Double-blade paddle
- Single-person paddling
- Double-person paddling

4 Write the maintenance and storage checklist for your craft and equipment. Include basic care for transportation and long-term storage, and repair instructions for trouble such as leaks, punctures, broken ribs, and bends in the gunwale. Check the accuracy of this information with your instructor. Submit this list to your local Girl Scout camp for posting in its waterfront boathouse, if such a list is not already available.

5 Know basic first aid for water safety, including hypothermia, drowning, shock, cardiopulmonary resuscitation (CPR), breaks, sprains, heatstroke, dehydration, and bleeding. Enroll in a standard first-aid course and CPR course. Create a list of the contents for a first-aid kit, including an emergency management plan with contact persons included.

