

## Canoe Merit Badge Expectations

4 hours, Brunswick Family Campground to Lander Boat Ramp

- Prerequisites
  - Complete Kayaking Merit Badge Workbook prior to trip
  - Swim Test - diving and various strokes over 100 yards
- On Land
  - Properly securing a boat to a vehicle
  - Outfitting
  - Loading and securing equipment in a canoe
  - Types of Canoeing
    - Olympic canoe sprint, flatware lake and river touring, outrigger, marathon, freestyle, whitewater, and canoe poling
- Boat Ramp/Beach
  - Safely carrying launching boat
  - Kneeling and sitting positions and their uses
  - Safely landing boat
- On Water (scouts are paired in tandem canoes)
  - Demonstrate proper strokes
    - Forward, back, draw, J-stroke, forward sweep, reverse sweep, rudder, stern pry
    - Proper strokes performed on both sides
    - Using strokes to paddle to a target
  - Effectively pivot, move sideways, stop, and straight line
  - Change places while afloat
  - Exit and enter canoe without capsizing
  - Rescue
    - Towing
    - Self Rescue
    - Boat over boat rescue