

Paddling Stage 1 Plan Paddling Skills

Outdoor Adventure Skills Activity Resource


Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Joey – Cub Scouts	 Scouting Adventure or Paddling Stage 3	 Pool Visit	 3x 60 min	 Scout Hall, Pool, Lake

A starter activity resource for learning early Paddling skills prior to an outing.

Who this is for

Leaders and youth supporting youth members in delivering the Outdoor Adventure Skills for **Paddling Stage 1**:

- **Adult Leaders** — Youth Program Leader with Scouting Adventure.
- **Youth two-up** — with **Paddling Stage 3+** (any of Canoeing, Kayaking, Sea Kayaking, Rafting).

These two roles can verify **Paddling Stage 1** proficiency statements, before Stage sign-off by the Unit Council. A useful tool to help with assisting youth members during this process is the  guidance statement popup in the Scouts | Terrain app next to each proficiency statement. That should provide discussion points to engage the youth member.

Tips for Leaders supporting Youth to Paddling Stage 1

- This is a starter resource. If run as described it should meet the listed proficiency statements. However, it should be customised to suit your available resources, intended outing, and youth members' needs.
- Any Leader with the training listed above can deliver this activity. However, the specialist paddling components may need to be supported by trained personnel. Use of a swimming centre, small body of water or Scout facility is ok.
- Most of the topics at **Paddling Stage 1** are straightforward. Additional information is available in the **Paddling Skills on demand training module** available on training.scouts.com.au. You may choose to use it to improve your knowledge. The remaining topics are covered in this Activity Resource.
- This program is best broken over two or three activities. 1. Hall Night, 2. Aquatics Activity, 3. Paddling Trip

Example youth program

One paddling outing, one visit to a swimming pool and a half weeknight at the Hall.

Resources required

People

- Adequate people familiar with paddling for outings

Equipment

- Selection of clothing for paddling or images
- Newspaper hockey stick (paddle)
- Wheely dolly or skateboards
- Paddle craft, PFD, throw ropes, paddles, helmets, (for paddle trip)

Locations

- Scout Hall
- Small body of water such as a lake or dam at a Scout Camp
- Aquatics facility

Schedule

Time	Duration	Activity	Lead	Assist	Organiser
06:00 PM	00:05	Opening Parade			
06:05 PM	00:10	Discussion: Preparing to go paddling			
06:15 PM	00:10	Game: Four corners			
06:25 PM	00:25	Activity: Roller paddle relay			
06:50 PM	00:10	Optional activity			
07:00 PM	00:05	Closing Parade			
Future Activity		Outing 1: Using a PFD			
Future Activity		Outing 2: Paddling a Canoe			

Discussion: Preparing to go Paddling

A brief age-appropriate introduction to paddling topics in preparation for a paddling outing during the term, and to introduce topics for tonight's activities.

People	Resources	Duration	Location
1 leading for any youth members	None	5 mins	Scout Hall

Group discussion to provide information about:

- Where we are going
- What our paddling plans are
- What we are doing tonight so we are ready for our trip
- Why being prepared for a water activities is important including clothing to keep warm when wet, having a dry change of clothes, shoes that can get wet and available safe drinking water
- What a Personal Flotation Device (PFD)/life jacket is for

Activity: Four Corners

A game where youth run to the four corners of the hall to vote on the topic of a scenario.

Stage 1: Plan > I can explain what a PFD is used for.

Stage 1: Plan > I can dress myself for a paddling trip.

Stage 1: Plan > I can explain the buddy system.

Stage 1: Do > I can explain the basic risks of cold water.

People	Resources	Duration	Location
1 leading for any youth members	None	10 mins	Scout Hall

Prepare: Assign the four corners of the hall 1. Personal flotation device, 2. Cold water, 3. Buddy system, 4. Dressing for paddling.

Play

1. Start all Unit members in the middle of the hall and read out a paddling scenario.
2. Scouts decide which corner of the hall is best suited to the scenario and run to that corner.
3. Each time Scouts have chosen a corner a different Scout shares with the Group why they chose that answer.

Paddling Scenario	Topic	Paddling Scenario	Topic
A Cub Scout falls out of their Kayak into the water and is floating without effort.	PFD	The Scouts need to get out of their canoes and carry them over sharp gravel.	Dressing (Shoes)
A Venturer Scout is holding the paddle too low dunking their hand, their fingers are numb and it's hard to hold the paddle.	Cold Water	After getting all our equipment ready near the water two Scouts check their equipment list together.	Buddy System
A Joey Scout drops their paddle in the water and cannot reach it. Another pair of Joeys paddle over to pick it up for them.	Buddy System	On an overnight paddle trip each Scout has a waterproof bag with an extra thermal top and bottom, warm socks, and Jumper.	Dressing
During a lunch break Scouts swap a wet top for a dry fleecy one.	Dressing or Cold Water	After several hours a group of Kayakers have blue lips.	Cold Water
The sun is out, but after sitting in the water for a long time the Scout Leader is shivering.	Cold Water	After swimming around a friend is lifted back into a Raft by their shoulder straps.	PFD
Something bright yellow is floating down the river it's very easy to see.	PFD	Somone is being noisy, grasping and has a brain freeze.	Cold water, (cold shock)
It's a sunny weather forecast, and the UV will be high. The Leaders have extra sunscreen and long sleeve tops on.	Dressing	A Scout falls overboard and is swimming, another Scout uses their whistle to let the rest of the Group know we need help.	Buddy System
A Scout and their friend are in a canoe, and one needs to go to the toilet. They pull the canoe to shore whilst another pair wait with them.	Buddy System (two boats)	I am brightly coloured, I make it easier for you to keep your head up, and I am always on your body when Paddling. What am I?	PFD
Activity lead question		Activity assist question	

Tip: Hang pictures on the four corners of the hall to help Scouts remember what each corner represents. Activity leads and assists can come up with other questions. Stage 3 youth may be able to assist explaining the buddy system.

Activity: Roller paddle relay

Youth paddle skateboards in a straight line across the hall to collect the essential equipment for a paddling trip and then explain each items importance to their Patrol.

Stage 1: Do > I know what a forward and backward stroke are.

Stage 1: Do > I can show were the bow and stern are in a canoe or kayak.

People	Resources	Duration	Location
1 Leading for any youth members	Skateboard, makeshift paddle, paddling clothes and equipment selection or images.	25 mins	Scout Hall

The activity lead or assist preforms the demonstration (Part 1) showing Scouts how to hold and preform a good paddle stroke on a dolly board. In Part 2, Patrols use the forward stroke in a relay.

Preparation: Review the basic forward and backward paddle strokes.

Part 1: Demonstrate

- Using a makeshift paddle demonstrate holding a common 'T-grip' paddle. One hand on top and one hand near the bottom 1/3 of the paddle shaft.
- Explain that the bow is the front and stern is the back of your makeshift canoe and we are kneeling facing the bow.
- Demonstrate a forward paddle stroke. Lean forward from the hips and plant the paddle on the floor.
- Pull the canoe forwards with your torso and lift the paddle when it is at your hips.
- Ask Scouts what they think the stroke would be if they did it in reverse and which way the boat would be moving. Answer: Backward stroke and backwards.

Part 2: Relay

1. Kneeling on a skateboard or dolly board, youth paddle across the hall with their paddle.
2. Select an item from a pile that will be useful on a paddling activity and then paddle the item back to their Patrol.
3. Repeat until every Patrol member has completed the course, and the Patrol has a selection of items.
4. Once the relay is completed Patrol members discuss why they chose each item with their Patrols. Leaders may need to provide additional rational for the items. Rational should be linked back to clothing choices and risks of cold water.

Tips:

- Rolled-up newspaper sticks are a great makeshift paddle that won't damage the floor. Alternately pad the bottom of a short broom handle or spar, it needs to be shorter than a normal paddle with the top shorter than the youth member when on the board. Rubber can be added to the bottom for grip.

Safety:

- The boards can slip out from under you getting on and off the board should be done on knees not standing.
- Place a thick rope on the ground to mark out the start and finish off the course, this will prevent the boards rolling in to walls or people.
- Never let go of the top of the paddle as you could get injured.

Possible Item	Reason for use
PFD	Prevent from drowning
Paddling Helmet	Protect head from submerged or floating objects, if you fall out of a craft
Silver Foil Blanket	Help to save body heat in an emergency if you get too cold from the water
Thermal Top	Good clothing choice to keep warm during paddling or after to warm up again
Thermal Pants	Good clothing choice to keep warm during paddling or after to warm up again
Quick Dry Shorts	Worn whilst paddling on hot days or to protect thermals and wetsuits from getting holes
Sand Shoes or River Shoes	Protect feet from stones and sticks underwater when you fall out or walking on land
Wet Suit	Keep warm in really cold water
Rash Top	Long sleeves protect arms from the sun when paddling
Synthetic Fleece Top	Can keep you warm on a paddling trip during a break, while paddling or at the end
Beanie	Keep head warm on paddling trips, early in the morning or at the end of the day
Sun Hat	Put on under a helmet or worn during breaks
Sunglasses	With a sunglasses leash, protect eyes from sun reflection on the water
Bathers	Can be worn under paddle clothing instead of cotton

Towel	A microfiber towel on a journeys and normal towels to dry off and change after a trip
Tracksuit Top and Bottom	For a warm change of clothes at the end of the day

Additional items that could be included: First aid kit, water bottle, rescue throw rope or a raincoat.

Outing 1: Using a PFD

During an aquatics program or pool visit youth swim and float in a courtly fitting PFD.

Stage 1: Do > I can float with my PFD on for 2 minutes.

Stage 1: Do > I can swim 10 meters with a PFD.

People	Resources	Duration	Location
1 Leading, and sufficient adult or teenage supervision. Minimum 1:4	Aquatic facility, PFD	15 mins	Pool

Visit a local swimming pool and fit a size appropriate Personal Flotation Device to youth. The PFD is fitted if it cannot be lifted over the face or chin when the waist straps are done up. Test the fit by gently lifting the PFD by the shoulder straps, The PFD should not slide up and you may be able to lift light youth off the ground.

Floating:

- Youth float in a PFD on their backs with feet raised towards the surface. This can be made more challenging by trying to stay on the back and passing a ball to one another. An extra challenge can be added after the 2 minutes. Youth can attempt to remain on their back and move feet first to the edge of the pool.

Swim 10m in a PFD:

- The swimming method doesn't matter. Try swimming on the front using a crawl stroke; hand over hand whilst kicking under water. Try survival stroke; float on the back position arms in a T shape, bend knees to the side and then squeeze everything together like a squid. Doggy paddle/treading and side stroke are also good choices.
- Once youth can move in the water do a 10m relay, 5m out and back.

Tips:

- Pools with swim programs may have a supply of PFD's and may let you borrow them or run the session for you. Make contact in advance.
- Heavily rinse PFDs in fresh water as soon as exiting the pool, to prevent pool chemical damage.
- Stage 3 youth can be used to help Stage 1 youth fit their PFD's.
- This activity could be combined with another aquatics program to fill a full night program at a local pool. Especially if the swimming ability of any youth attending your paddling trip is unknown.
- If your youth are all able to swim this activity can be completed at the end of your paddling outing.

Safety:

- Supervision around water is an active process even if there are lifeguards. Ensure two competent swimmers have an unobstructed view of youth in the water, and have youth use the buddy system.
- Identify youth members who have not swum before or have never been in water where they could not touch the bottom. Add additional supports and active supervision within arm's reach for those youth members. When asking the youth, some may be uncomfortable sharing this in front of a group, so ask them individually.

Outing 2: Paddling a Canoe

Youth participate in a paddling activity on flat water or run by skilled persons.

Stage 1: Do > I can take care of my equipment for the duration of a paddling trip.

Stage 1: Do > I can demonstrate a forward and backward stroke.

Stage 1: Do > I have taken part in a short paddling adventure of at least one hour.

Stage 1: Review > I can talk about my favourite thing from a paddling trip.

People	Resources	Duration	Location
1 Leading and 2 competent adult swimmers per 4 craft.	Canoe, Paddles, PFDs, Helmet, First Aid Kit, Safety throw rope, spare clothing.	60 mins	Small lake or Dam, Scout Activity camp, pre-approved location

Preparation: Ensure you have the minimum safety equipment, check the weather, wind speed and wind direction.

Prior to the activity: Conduct a pre-paddle briefing including buddy pairing, paddling boundaries, what to do if you fall in. Discuss ensuring equipment is tethered so we don't lose it. Perform a buddy check of PFD.

Land Activities:

Revise the bow (front) and stern (back) of a Canoe or other paddle craft: Remember "B" comes before "S" in the alphabet. Revise how to hold a paddle and remind everyone they need to paddle on opposite sides.

Water Activities:

Game 1 | Start Line Paddling: Have two experienced paddle boats position themselves about 10-15m from the bank and have Stage 1 paddlers use forward and backward strokes to move between the bank and the paddle craft. To make it more challenging add 5m each time the youth complete a circling. Advanced paddlers can try to balance a drink bottle on the bow whilst doing it.

Game 2 | Follow the Leader: One paddle craft is the leader, and the other craft follow along trying to stay on course and close together. Keep a safety boat with at least 1 leader near the front and one at the back of the group.

Revise swim and float. Weather conditions permitting at the end of your activity anchor a 5m floating safety throw rope between a paddle craft and the shore. Practice 2-minute float and 10m swim wearing a PFD within arm's reach of the rope.

Tips:

- Tie a spare throw rope to the bow of the craft to make retrieving tired Joeys or Cubs easier, or to help pull them along if they do not have the strength. Alternatively, have a Leader or Stage 3 or above Scout in the stern of a canoe to provide greater control.
- Encourage youth to use opposite backward and forward strokes to turn the canoe instead of swapping paddling sides.

Safety:

- Make sure there are competent swimmers supervising the activity both from land with rescue throw ropes and in paddle craft.
- Have experienced paddlers on the water in craft before youth.
- Before allowing the group to paddle in a straight-line practice turning the craft around.
- Light wind can make it difficult to control paddle craft, avoid going out in wind above 10km.h at this stage. If possible, conduct your activity with an onshore wind. (If northerly wind be on the south of the lake).

Discussion: Post-Activity Group Review

Conduct a post activity review: The activity lead should ask youth to share their favourite things from the paddling activity or the preparation activities.