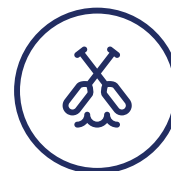


Paddling Stage 2 Plan Intro Paddling Skills

Outdoor Adventure Skills Activity Resource




Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Cub Scouts - Scouts	 Scouting Adventure or Paddling Stage 4	 Paddling Guide if required	 3x 90 min	 Scout Hall

A starter activity resource for learning introductory 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 2**:

- Adult Leaders — Youth Program Leader with Scouting Adventure.
- Youth two-up — with **Paddling Stage 4+** (any of Canoeing, Kayaking, Sea Kayaking, Rafting, or similar paddle sport).

These two roles can verify **Paddling Stage 2** 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 with which to engage the youth member.

Youth new to Scouting should be adequately baselined in Terrain prior to working through this resource.

Tips for Leaders supporting Youth to Paddling Stage 2

- 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 parts of this activity. However, the specialist paddling components may need to be delivered by trained personnel, depending on the location.
- Most of the **Plan** topics at **Paddling Stage 2** are covered 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.
- Stage 2 Paddling requires two activities of 90 min at the Stage. This resource is designed around a paddling teamed hall night and two paddling outings. Both outings can be completed on program nights or a weekends activity.

Resources required

People

- Adequate people familiar with paddling and good swimming ability.

Equipment

- Whistle
- Chalk
- Location Map
- Makeshift paddle, ball or puck, knotting rope
- Printed copies of diagram for labelling
- **(On water)** Floating throw rope, PFD's, paddles and craft, first-aid kit, spare clothes

Locations

- Scout Hall
- Small lake or dam, other pre-approved paddling location, or location supported by paddling specialist personal.

Schedule

Time	Duration	Activity	Lead	Assist	Organiser
Recent Activity		Outing: Paddling Activity 1			
07:00 PM	00:05	Opening Parade			
07:05 PM	00:15	Game: Captain Capsize			
07:20 PM	00:15	Discussion: Patrol planning			
07:35 PM	00:10	Activity: Draw and label a diagram			
07:45 PM	00:15	Activity: Knots for paddling			
8:00 PM	00:15	Optional activity / buffer time			
08:15 PM	00:10	Game: Paddle stroke pinball			
08:25 PM	00:05	Closing Parade			
Future Activity		Outing: Paddling Activity 2			

Game: Captain Capsize

Physical game used to learn and demonstrate simple knowledge of canoe and paddling safety.

Stage 2: Plan > I know how to contact the emergency services.

Stage 2: Plan > I can list the appropriate action I should take if I capsize in a canoe or kayak.

Stage 2: Do > I know what to do when lost on the water.

Stage 2: Do > I can name the important parts of a canoe or kayak.

People	Resources	Duration	Location
Info	Chalk, Whistle, Bench.	15 mins	Hall

Draw one large canoe outline on the floor per Patrol. Use this drawing to identify the important parts of a canoe and then use it to play a game of captain capsizes.

The activity lead should explain the calls and the actions to go with them whilst the Unit copies. Once everyone knows the basic actions the lead calls out a term and everyone performs the action as quickly as possible, play the game for 10 min.

At the end of the game revise:

The actions to take in a capsize

- Signal if you are OK
- Keep hold of your paddle and boat
- Swim to shore

How to contact emergency services

1. Phone or Personal locator beacon
2. Where you are
3. What is wrong
4. Obstacles in getting to you such as rivers

What to do if lost

- Stop
- Locate on map
- Navigate or call for help

Tip: Instead of drawing on the floor have Scouts use rope to mark the canoe outline. Be extra careful of tripping if using rope. If you have canoes, you could simply bring one out to use.

Calls	Action
Bow	Run to the front of the Scout Hall.
Stern	Run to the back of the Scout Hall.
Port side	Run to the left side of the Scout Hall.
Starboard side	Run to the right side of the Scout Hall.
Cockpit	Sit on the floor and make a forward paddling motion.
Deck	Get down and drum on the floor in front of or behind a cockpit.
Grab the Gunwales (rail) (guh-nuhlz)	Run and grab hold of a door or window frame simulating the lip of a gunwale. <i>Gunwales are the lip around a cockpit or open hole in a paddle craft allowing covers to clipped on.</i>
Forward Stroke	Sit on the floor and make a forward paddle motion.
Backward Stroke	Sit on the floor and make a backward paddle motion.
STOP	Everyone stands still and makes their body a T shape. This is the on-water signal for stop.
Paddler in Distress	Hold a fist high overhead and wave it side to side continuously. (This is the I'm in distress signal)
Get Lost	Get into groups of two and imitate checking a map with hands held in the open book position.
Paddle Chase	Everyone runs a lap of the Scout Hall as if chasing a paddle down a river.
SOS	Get into a group of three and act out the SOS morse code, make three balls then three lines, then three balls with your body. <i>If lost you could do this with a whistle, smoke signal, or torch. SOS code • • • — — — • • •</i>
Emergency (The Scout Leader blows a whistle three times)	Run to the nearest wall to get out of the water and wait until the "all clear" signal is given. Sit or stand on to a bench seat to show being out of the water. <i>The "all clear" signal is one hand raised high above the head. On the water this is done with a paddle.</i>
Injured Shoulder	Simulate calling 000 by putting the phone to your ear.
Captain Capsize	Turn to a buddy and signal OK by tap the top of your head with a fist. Then swim to the nearest wall with your buddy.

Notes: If you this activity can be adapted to use a physical paddle craft where Scouts touch and run about their Patrols canoe instead of the Scout Hall.

Discussion: Patrol Planning

Review a map of the location for an upcoming trip discussion environmental consideration.

Stage 2: Plan > I have explained some of the ways that I could have an impact on the environment when I am paddling.

Stage 2: Do > Before I launch my watercraft, I can show where I am allowed to go paddling.

Stage 2: Plan > I can discuss what safety precautions you should take before going out on the water.

People	Resources	Duration	Location
One Leading for any youth.	Map, Equipment List	15 mins	Hall

Patrol Leaders lead their Patrols in discussion.

- Look at a map of the area for an upcoming paddle trip. Identify the boundaries for where you will go when paddling and locations or obstacles to avoid when on and off the water.
- Discuss safety precautions for your trip. Including need for PFDs, rescue throw ropes, supervision near water or getting ready, buddy system, and sharing you plan to a trusted person.
- What environmental impacts Scouts can have or prevent when paddling.

Hints

- Getting in and out of boats in the water rather than sliding down the bank.
- Walking off track can trample grasses shrubs or create mud.
- Parking paddle trailers in the correct spots.
- Chasseing wildlife can disturb nesting birds.
- Having equipment and drink bottle secured to avoid littering.
- Choice of sunscreen, water resistance and chemicals on river or reefs.

Tips

- The map used for this activity could be one produced by someone working on Stage 4 paddling. Boundary areas can be marked for youth to point out or they can be guided in making them.
- A starlight image of the location can be used to identify signs of natural erosion vs human impacts.
- If you have a prepared equipment list this is a good time to share it.

Activity: Draw and Label a Diagram

Label the diagram and fill in the missing pieces.

Stage 2: Plan > I can draw and label a diagram describing all of the essential equipment required for paddling activities.

People	Resources	Duration	Location
One leading	Pens, Pencils, Printed Diagram	10 mins	Hall

Instructions: On the attached paddling image label all the essential equipment for paddling from the boxes provided. Some things are missing from the image, identify what they could be and draw them in.

Tip: Be creative use the image provided as a model and divide a chalkboard into two halves, make a list of essential items and then have a Patrol relay to create a unique drawing. The image can also be used to identify the important parts of a canoe.

Activity: Knots for Paddling

Learn and practice knots for use on an upcoming paddling trip

Stage 2: Plan > I have learnt one knot that will help me in a paddling situation.

People	Resources	Duration	Location
People familiar with knots	Knotting rope	15 mins	Hall

Explain the knots that they are learning and how they are used in paddling activities. Two common knots used in paddling activities are:

- **Bowline** – Used to secure a floating Canoe, Kayak, or Raft to shore and prevent it floating away or to attach a tow tope.
- **Truckies Hitch** – Used to secure equipment to a Canoe or Raft on a journey or to secure boats to a trailer in addition to a rated strap.

Using the patrol system demonstrate then practice tying one of the useful paddling knots.

Bowline: Tie the bowline around a tree, bollard, or to the bow (front) handle of a canoe as you will on your paddling trip.



Create an overhand loop and pass the rope around your object.

Pass working end of rope through loop from opposite side.

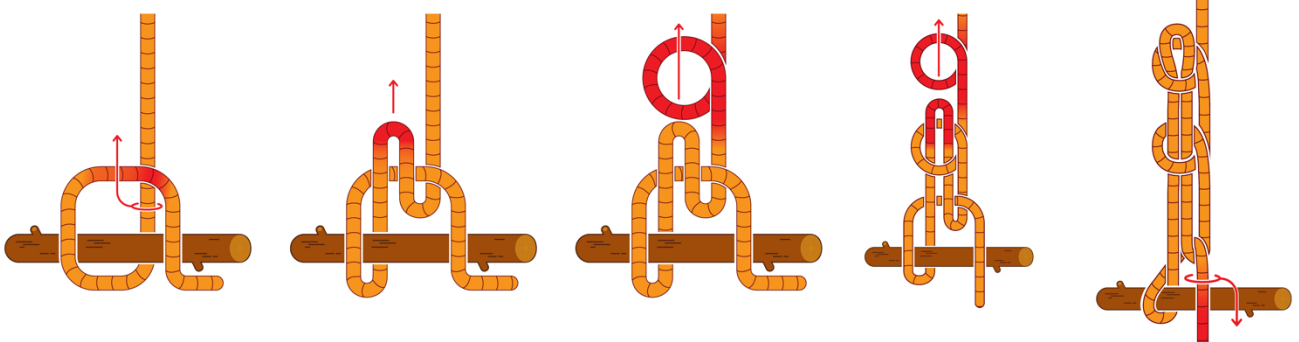
Turn working end around standing part.

Pass working end back through loop.

Pull to tighten.

Truckie Hitch: (Advanced challenge)

Demonstrate then practice using truckies hitch to secure load to a craft or trailer.



Pass the end of the rope around the object its being tied to then cross the rope over working part.

Reach under the crossing point and pull a bight of rope over the top.

Create an overhand loop in the working part.

Pull the bight through the loop from behind. Create a second loop and repeat.

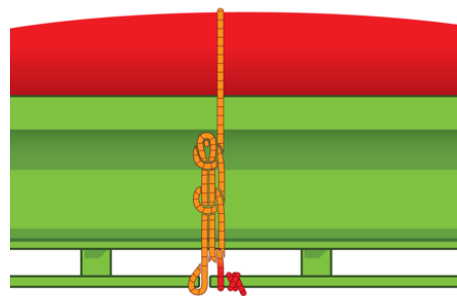
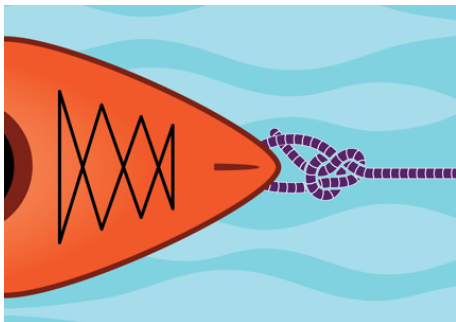
Pull to tension.

Tips:

- Have higher Stage youth help teach these knots in Patrols.
- If you do not have access to paddle craft at your hall create a raft platform with spars and a tabletop. Then use truckies hitch to secure bags in the centre of the craft.
- A clove hitch may also be used when securing the end of a tie down rope and provides another option.

Safety:

- When securing paddle boats to a trailer or vehicle they must be secured appropriately. Rope and truckies hitches can be used to add additional support or to secure equipment in addition to rated restraint straps.



Game: Paddle Stroke Pin Ball

Use the sweep stroke motion to play pinball.

Stage 2: Plan > I have learnt about two other strokes.

People	Resources	Duration	Location
One leading	4 Batts, Tennis Ball or Soft Puck.	10 mins	Hall

Set up: Place four x's on the ground around 1.5 and 10-15m apart. Scouts will sit on each of the X's when they are playing. Scouts use a forward or backward paddle stroke motion with a newspaper bat to attempt to hit a ball between the Scouts on the other side.

Teach Scouts about forward and backward sweep strokes.

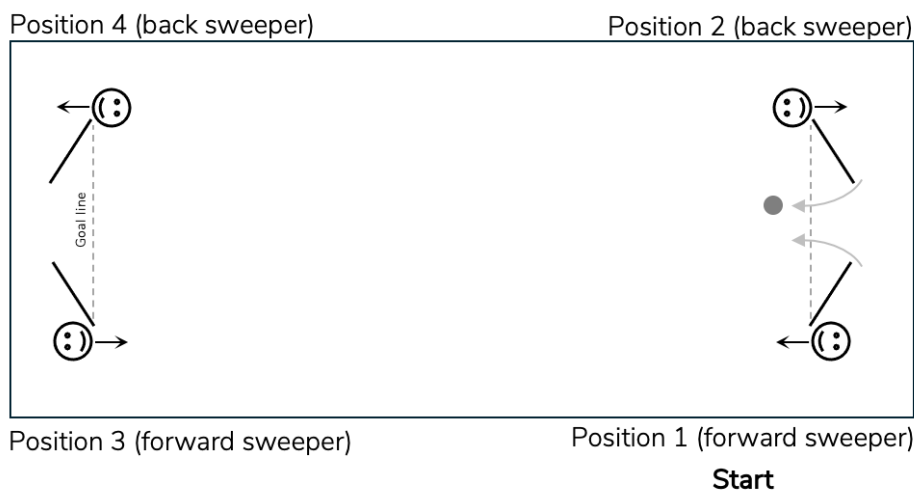
A sweep stroke is used to turn a paddle craft. They can be used by just one paddler to turn the boat gently, or a pair performing the opposite strokes to turn the boat faster. The boat will turn the opposite direction to your sweep stroke.

There are four positions:

- Position 1:** Scout sits facing forward and holds their paddle on the right.
- Position 2:** Scout sits facing backwards and holds the paddle on their right side.
- Position 3:** Scout sits facing forward and holds the paddle on their left side.
- Position 4:** Scout sits facing backwards and holds the paddle on their left.

Rules

- Paddles are held with two hands when physically possible.
- Paddle buddies are positions 1 and 2, and positions 3 and 4, buddies work together to defend a goal.
- When a passes between a pair of paddle buddies the backwards paddling Scout (position 2 or 4) is out and must exit the position.
- To fill an empty position everyone rotates one position, and a new Scout starts their turn in position 1.
- The game does not stop during rotation so be quick.



Tips:

- If a Scout is in position 4 for more than 4 minutes they put on a blind fold and relight on buddy communication.
- In a big Scout Hall place a line of spars down the sides of the course to reduce the distance a ball can travel before bouncing. Attentively use waiting Scouts as boundary grads to roll it back in.

Outing: Paddling Outing 1 and 2

Participate in two paddling outings with your Unit in an appropriate location or supported by a paddling specialist.

Stage 2: Plan > I can put on and adjust my PFD.

Stage 2: Do > I can protect myself when exposed to the sun when outdoors on a paddling trip.

Stage 2: Do > I can demonstrate a forward and backward stroke and paddle in a straight line.

Stage 2: Do > With help from my team leader, I can paddle my canoe or kayak for the duration of a paddling trip.

Stage 2: Do > I have taken part in at least two paddling activities at this Stage.

Stage 2: Do > I can swim 25 meters wearing my PFD.

Stage 2: Do > I can demonstrate how to clean down my watercraft before storing it.

Stage 2: Review > I have talked about my favourite things from at least two paddling trips.

Stage 2: Review > I can suggest what I would do differently for future paddling trips.

People	Resources	Duration	Location
1 Leading and 2 competent adult swimmers per 4 craft	Paddle craft, PFD, Paddles, First Aid kit, Safety throw rope, spare clothing.	2x 90-120 mins	Small lake, Dam or 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 safety briefing including buddy pairing, paddling boundaries, what to do if you get lost. Perform a buddy check of PFD's.

Safety briefing on being SunSmart and the need for water resistant sunscreen.

Land Activities:

Use your paddling knots to secure the craft to shore.

Revise map and point out where to paddle and not to paddle, look for obstacles like fallen trees in the water to avoid.

Look around and observe signs of environmental damage from humans and suggest how to minimise causing more on your trip. This could be around the water or on land.

Water Activities:

Game 1 | Clocks: Someone yells out a time and everyone attempts to turn their craft using sweep strokes to that time. e.g clockwise to 3, anticlockwise to 9.

Game 2 | Follow the Leader: One paddle craft leads all others attempt to follow the same path. Scouts use their forward strokes to go in a straight line and practice their sweep strokes for steering.

Game 3 | Paddle Craft Darts: Patrols have three attempts to paddle one craft at a time towards a target to receive a score. After three attempts scores are tallied and then it the next Patrols turn. The highest total scoring Patrol wins the round.

1. Create a 7m target on the shore or between buoys in the water. The target could be made of anything visible or simply a knotted floating rope.
2. The target is divided into 5 zones: 3 middle sections of 1m, and 2 outer sections of 2m.
3. Scoring is 3 points for the centre, 2 for each of the 1m sections either side, and 1 point for the outer 2m sections.
4. Start with craft 25m from the target youth paddle forward and attempt to hit the target receiving the score for the zone they touch with the bow of the craft.

Swim 25m in a PFD:

Set up a 25m safety rope between two craft and have Scouts swim the length between the craft. At least one of the craft should be anchored to shore and a competent paddler or strong Leader in each to help lift swimmers out of the water. If this is too easy complete the task as a relay race. You can also anchor to shore or use a short 10m rope and swim the length of the rope then around the paddle craft and back to make up 25m.

At the end of the activity:

Youth need to work in Patrols to empty any water out of their craft by turning them over and lifting the ends until all water is out or by removing the bung plug. Scouts should clean out any sticks or debris, and rinse off any salt or pool water with fresh water before storage.

Tips:

- Tie a spare throw rope to the bow of the craft to make retrieving tired 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.

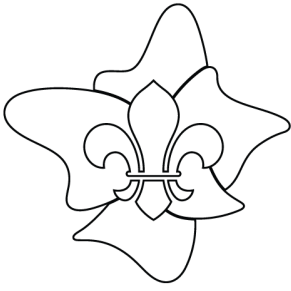
Safety:

- Be sure you have observed the swimming ability of all youth in your Unit prior to and outing. Use an aquatics activity for screening the swimming level of new youth members.
 - Make sure there are competent swimmers actively 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 per hour at this Stage. If possible, conduct your activity with an onshore wind (e.g. If northerly wind be on the south of the lake).
-

Discussion: Post-Activity Group Review

Following each paddling trip youth conduct a review.

- What was the best aspect of this paddling trip?
- What things did we do well as a Patrol or Unit?
- What things should we do differently on our next paddling outing?
- How will we do it differently on our next outing?



Scouts
VICTORIA

Name: _____

Group: _____

Identify the essential safety equipment on the list, and then draw the missing equipment on to the characters below to ensure they have a fun and safe paddling adventure.

Canoe

Whistle

PFD

River Shoes

Helmet

PLB/Radio

First Aid Kit

Food

Sunglasses

Throw Rope

Sun Protection

Paddle

