



Paddling Stage 3 Patrol Paddling

Outdoor Adventure Skills Activity Resource


Suitable for	Organiser Skills	Specialist Skills	Duration	Location
 Cub - Scouts	 or Scouting Adventure or Paddling Stage 5	 Paddling Guide if required	 90 min	 Scout Hall, River

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

Who this is for

Youth and Leaders supporting youth members in delivering the Outdoor Adventure Skills for **Paddling Stage 3**:

- Adult Leaders — Youth Program Leader with Scouting Adventure
- Youth two-up — with **Paddling Stage 5+** (any of canoeing, kayaking, sea kayaking, rafting)

These two roles can verify **Paddling Stage 3** 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 3

- 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 3** 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.
- This program is structured around one Hall night and two days of paddling.

Example youth program

One weeknight at the Hall and two days of paddling activities.

Resources required

People:

- Adequate people with paddling skills and swimming ability

Equipment:

- **Hall:** Mobile phone or printed weather reports, activity flash cards (attached), first aid supplies and survival blanket
- **Outing:** Paddle craft, paddles, PFD, first aid kit, safety throw rope, spare clothing, buoys, buckets, frisbee

Locations:

- Scout Hall
- Small lake, dam, Scout Camp or approved location

Schedule

Time	Duration	Activity	Lead	Assist	Organiser
07:30 PM	00:05	Opening			
07:35 PM	00:20	Activity: Patrol planning			
07:55 PM	00:20	Game: Create a paddling trip relay			
08:15 PM	00:30	Activity: First Aid for Paddling			
08:45 PM	00:15	Discussion: Rescue techniques			
09:00 PM	00:15	Optional Activity			
09:20 PM	00:05	Finish			
Future Activity		Outing: Paddling activity day #1 Skills			
		Outing: Paddling activity day #2 Journey			

Activity: Patrol Planning

Patrols plan for an upcoming paddling activity after investigating the weather conditions for the location.

Stage 3: Plan > I know how and where to get the latest weather forecast for the area, I will be paddling in

Stage 3: Plan > I know what the risks are for paddling in different weather conditions

Stage 3: Plan > I can explain the importance for wearing the right clothing and gear while paddling

Stage 3: Do > I can teach the importance of the buddy system to a less experienced Scout

People	Resources	Duration	Location
One leading for any youth	Digital weather apps or printed reports	15 mins	Hall

In Patrols check the weather and do some basic planning for an upcoming trip.

1. Look up the weather forecast on two or more different apps including the BOM and compare the reports, including the wind speed and direction
2. What are the differences between the reports, and what parts of the weather reports are more or, less favourable?
3. Based on the weather report what are the possible risks you will need to prepare for?
4. What clothing will you need to pack for this activity? As a Patrol create an individual packing list to suit the weather conditions.
5. As a Patrol explain how you can use buddy system during a paddling activity
6. With another Patrol take it in turns naming and explain why each item is on the list. Do not repeat an item that was already said, unless you have a different use for it.

Reminder: The buddy system is more than just a partner incase you get lost. In paddling it's a friend to help paddle and carry canoes. Someone to do a safety check with before getting into the water, to provide encouragement. We often buddy up with another craft on the water as well.

Game: Create a Paddling Trip

Patrols do a relay race to create a paddling activity.

Stage 3: Plan > I know which items I should carry with me when paddling

Stage 3: Plan > I know two different forms of communication to use between paddlers while on the water

Stage 3: Plan > I can identify common water way markers

People	Resources	Duration	Location
One leading for any youth	Printed activity flash cards	10 mins	Hall

In this activity youth will do a relay collecting cards that build the conditions and equipment for a paddling activity. At the end of the relay review the cards and explain choices, pros, or cons of the trip. Patrols can even swap cards with one another.

There are five sets of coloured cards with pictures on one side, and some paddling info or tips on the back. Each Patrol will collect cards from every category during the relay. The combination of cards will create the conditions for a simulated paddling activity where some things might go well, and others might not match well. Whilst it's a race to collect cards youth should have fun discovering how their paddling trip could turn out.

1. Cards are placed picture side up at one end of the Scout Hall
2. Using a relay, Scouts take turns running, selecting one card at a time for their Patrol until the Patrol has collected 12 cards or at least two per person
3. The aim is to construct a paddling trip and plan. Some things will work out and some will not match up. You'll need to work out what it could mean for your trip or what else you need to prepare as a Patrol.
4. Whilst the cards can be collected in any order the first time playing it's advised to take two pink weather cards first.
5. Once complete, discuss with your Patrol what each item is and means or play again.

The card categories are:

- Weather conditions	(Pink cards)	collect two per Patrol
- Communication method	(Green cards)	collect at least one per Patrol
- Waterway markers	(Red cards)	collect at least two per Patrol
- Clothing	(Yellow cards)	collect at least three per Patrol
- Equipment	(Blue cards)	collect at least four per Patrol

Tips:

- Optional grey cards provided give a trip duration or location that can be used to set Patrols a different trip objective. Use them placed face down and selected by the Activity Lead or Patrol Leader. Then give Patrols three minutes to strategies prior to beginning the relay.
- Use the printable activity flash cards provided, you can create your own or add additional cards as needed.
- Change the rules for advanced players, use a set five-minute time limit, Patrols start from corners of the Hall and can swap/steal from other Patrols once 12 cards have been collected from the middle. Patrols can only have 12 cards.
- Cards can also be placed upside down and selected at random to start the game.
- Use the provided cards for any other activities you or your activity lead comes up with, or to help with activity planning.



Activity: First Aid for Paddling

Learn and practice basic first aid skills common to paddling activities

Stage 3: Do > I know what DRSABCD stands for and how to use it in first aid situations.

People	Resources	Duration	Location
1 Leading for any participating	Selection of practice first aid supplies	30 mins	Hall

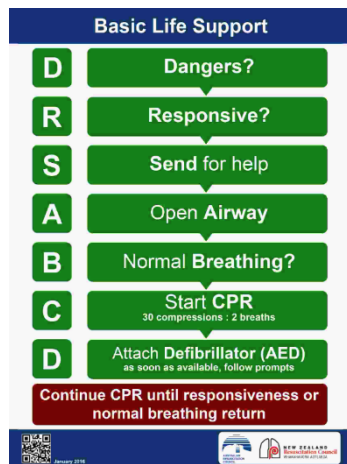
Below is a list of common first aid scenarios Scouts need to prepare for in case they need to help a Patrol member on a paddling activity. Revise the first aid treatment for these scenarios then in Patrols, **practice** whilst demonstrating use of DRSABCD.

What are they?

- Jammed fingers between boats
- Hypothermia
- Hand blisters
- Minor cuts
- Hit in head by paddle

Brainstorm how each letter of DRSABCD can be applied in different paddling first aid situations.

Scenario and possible injury	Basic treatment points
Scouts are performing a raft up drill and all the canoes are floating next to each other whilst Scouts hold them together. Someone's finger slips between two boats and gets jammed between them. The finger hurts and has swollen up. Blunt force: Acute pain and swelling	PRICE protocol <ul style="list-style-type: none"> • Protect from further injury: Apply a splint and or finger bandage to support the finger • Rest the finger • Ice the finger or cool using water (10min on 10min off) • Compression to reduce swelling with comparison bandage but avoid cutting off circulation • Elevation of the finger
A Joey Scout got soaking wet from paddle splashes and is getting cold in the wind. They now have blue lips, goose bumps, shivering with chattering teeth and are having trouble moving a paddle. Cold injury: Mild Hypothermia	Mild hypothermia <ul style="list-style-type: none"> • Remove from cold environment. Protect from wind and get out of the water • Get Dry, remove wet clothing and dry off • Warm gently with a warm drink to sip and or a warm, not hot, heat pack to the underarms or upper trunk • Insulate from environment. Create hypothermia wrap with dry clothes, foil blanket, sleeping bag and insulation from the ground. Wrap the patient up like a human burrito.
After a full day paddling with wet hands the water has softened the skin on our hands and a on a Venturer has ended up with a blister on the back of their thumb from the paddle rubbing. Friction: Hand Blister	<ol style="list-style-type: none"> 1. Hot spot: If you notice the skin going red before it becomes a full blister apply some padding and a waterproof cover to reduce friction 2. Intact blisters with a fluid: create a donut shape pad to place around the blister or use layers of tape. Cover with a padded dressing and apply a waterproof dressing over the top. 3. Broken blister: leave skin covering. Gently wash with fresh water or apply betadine after removing dirt to protect from infection. Cover with a non-adhesive pad and waterproof dressing. If raw skin is showing apply a donut pad first.
During a game of follow the leader one of the canoes drifted into some overhanging branches. A small stick scratches a Scouts face, and they are bleeding slightly above their left eye. Laceration: Minor cut or scratch	<ul style="list-style-type: none"> • Stop: Give the Scout something to hold on the cut and stop the bleeding • Put on gloves to protect yourself from blood • Clean the wound with fresh water or saline to remove any dirt or bits • Cover with a band aid or waterproof dressing • Wash any blood of the paddling equipment you're using



What is DRSABCD?

Danger: Identify what we need to manage to prevent making things worse. First to **self**, then to **others**, then the **casualty**.

Response: Will the casualty respond? Are they awake and alert? Can they tell you what is wrong or what happened? If appear unconscious, do they respond to touch?

Send for help: Make sure to get help on the way early. Do we need emergency services, a first aid kit or something else?

Airway: Make sure the casualty can get air in and out of their lungs. Are they talking to you? Having an asthma attack? Chocking?

Breathing: Check they are breathing normally.

CPR: Start CPR after Checking help is on the way.

Defibrillation: Early AED and advanced life support increases survival.

Optional activity: Youth members to come up with scenarios and swap with another Patrol to practice. Each scenario will need to have one danger to identify or manage and a need to send for help, sending for help can be as simple as getting a first aid kit from another canoe.

Example scenario with DRSABCD

A Leader is paddling their canoe towards some trees and let go of the t-grip on the top of their paddle whilst the paddle blade was in the water. As a result, water pushing on the paddle caused the t-grip to hit the Leader in the face and they now have a burse and small cut. The Leader forgot their first aid kit but there is one in the trailer.

As a Patrol, we are going to go and help using out DRSABCD action plan. First, we deal with **Danger**; by checking everyone is safe on the water, we may even blow our whistle three times to let everyone there is a problem and to get to safety and wait. Our injured Leader is not in control of the canoe and is floating towards some trees, so we ask their buddy to paddle the canoe to the shore where it is safe. R is for **Response** and our Leader is screaming in pain, so we know they are conscious, and we ask them to tell us what is hurting and what happened. Now we know they have a cut on their forehead, and we need to do something about it. We don't need emergency services for this, but we do need the first aid kit that is on the other side of the lake. **Send for help** today only means we need a Patrol of fellow Scouts to go and collect the first aid kit. **Airway** seems clear they are screaming after all. They are **Breathing** the right amount for someone screaming and there is no need for **CPR** or a **Defibrillator** so we don't worry about those things, but we will keep an eye on our patient incise something changes.

Make it fun: Use moulages, some make up and fake blood for creating scenarios.

More information: [Resuscitation in drowning ANZCOR guideline.](#)

Activity: Rescue Techniques

Investigate the steps involved in rescuing a capsized craft and practice prior to attending a paddling activity.

Stage 3: Plan > I can identify two different types of rescue techniques for a boat that has capsized.

People	Resources	Duration	Location
Info	Info	x mins	Hall

In Patrols, investigate the steps of the common canoe or kayak rescues the “X” and “T” rescues. Then order the pictures and pair with the instructions.

If your Patrol has access to plastic craft practice the steps outside on grass being careful not to rip it up, or damage crafts.

Optional use a smart phone to search videos of canoe and kayak self-rescues then discuss similarities and differences with the X or T provided.

X rescue for Canoe or Kayak

Boat is upside down keeping air trapped inside.
The boat floats with less water inside.
Swimmers holds their boat and paddles.

Middle of the rescue boat is lined up with the end of the capsized boat. Swimmer moves behind their boat.

Rescuer lifts the bow and pulls it across the gunwales of their boat. Swimmer helps by pushing down and towards the rescue boat.

Empty the boat by sliding it upside-down across the rescue boat making a X shape. Swimmers hold onto the ends of the rescue boat.

Capsized boat is rolled the right way up and slid back into the water.

Rescuers raft up and stabilise the empty boat. The swimmers re-enter the boat one at a time.

T Rescue for Kayak

Capsize and protect your face

Upside down paddler stays in their kayak and leans forward placing their nose on the deck.

Alert other paddles

Bang the bottom of the Kayak then move arms back and forward feeling along the side of the kayak.

Rescuer gets in position

Rescuer paddles their bow to the upside-down kayak making a T.

Grab hold of the rescue boat

Paddler feels the bow of the rescue kayak and grabs hold of it.

Roll up

Paddler pulls on the front of the rescue boat and rolls the right way up. Roll the hips to get an extra boost.

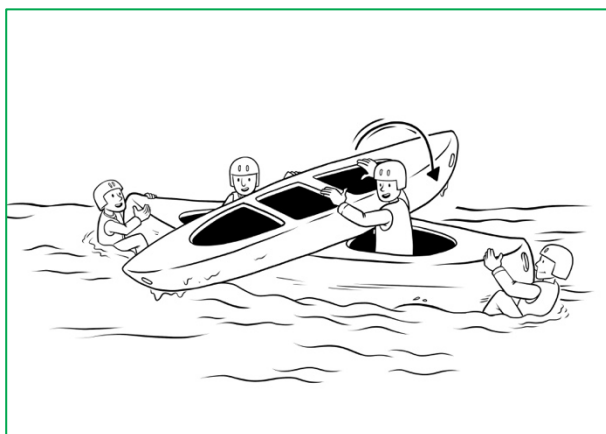
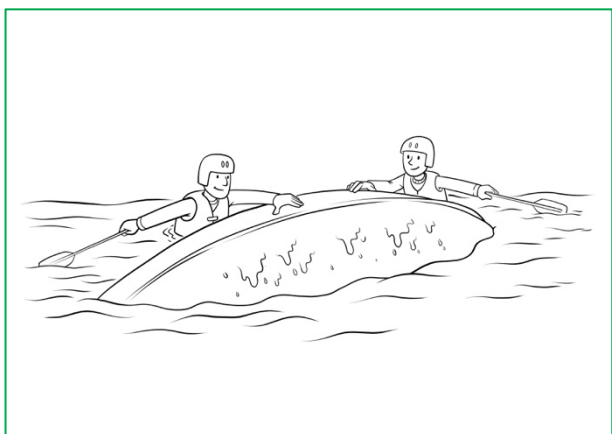
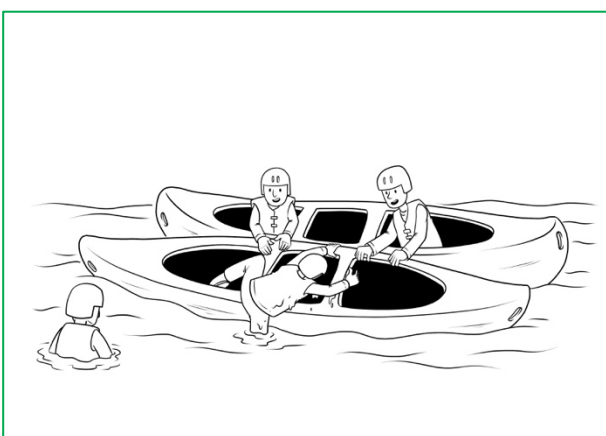
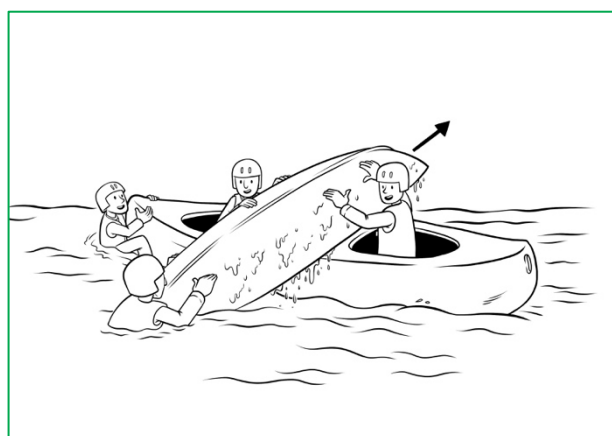
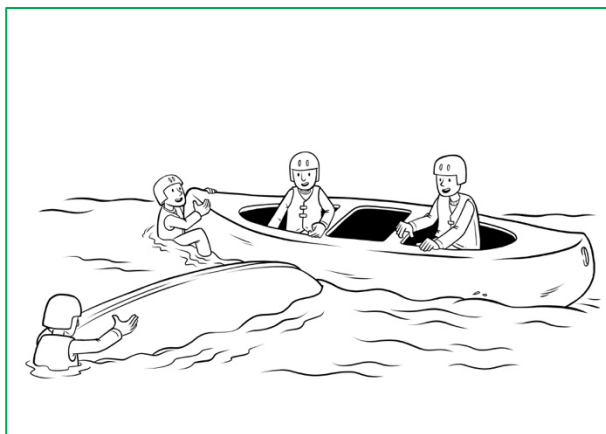
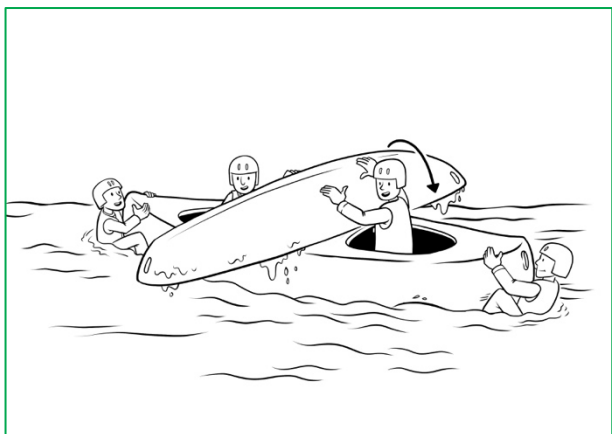
Wet Exit

If the rescue is too slow or the upside-down paddler can't roll up, they pull off their spray deck and summersault out of the kayak.

Notes:

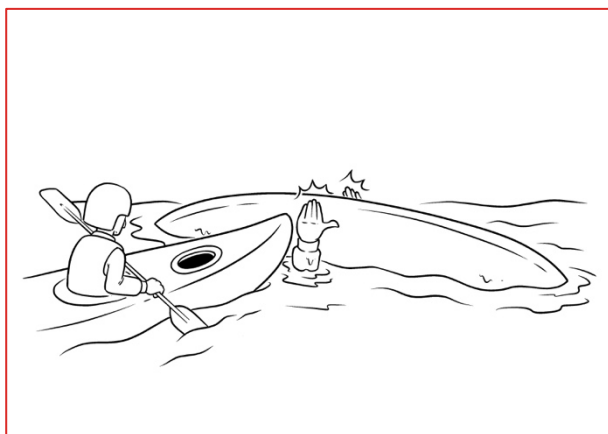
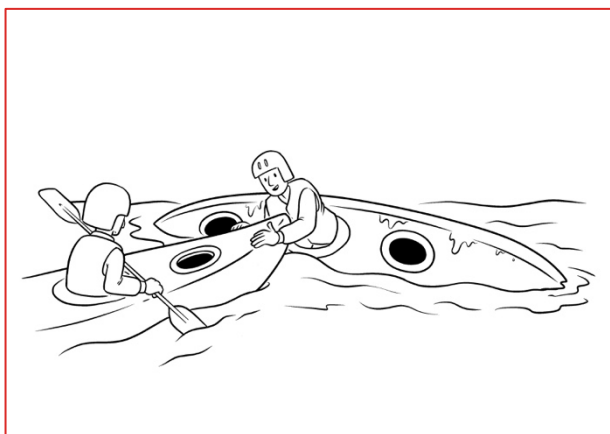
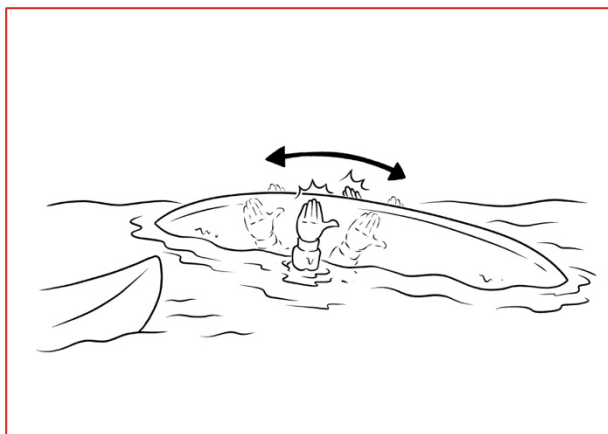
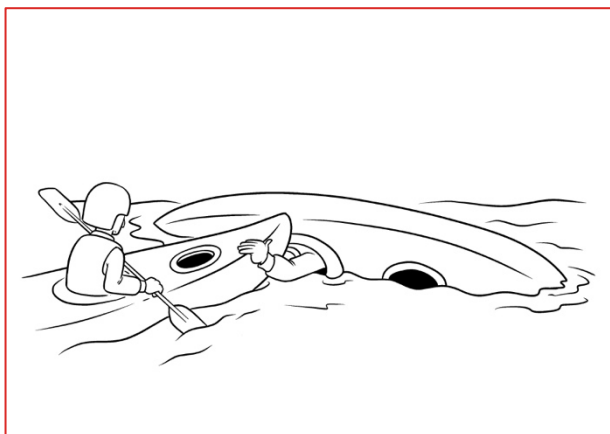
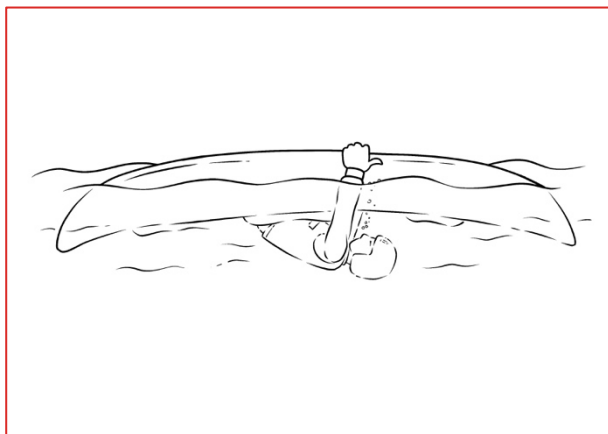
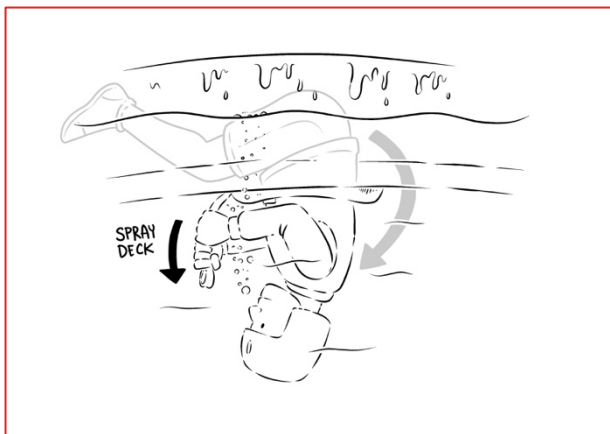
- Make sure the swimmer holds on to their paddle and craft before handing it to a rescuer to prevent it floating away
- The swimmer must stay out from between the craft to prevent getting squashed
- The X and T are often called different things in different places. search “Kayak T Rescue” or “Canoe X Recue”
- Practice removing a spray deck on land before using one in water. Ensure the pull tab is never stuck inside the craft.

The images are out of order. Number them or cut them out and re-order with descriptions.



Canoe H rescue image order answer below





Kayak T rescue order answers



Outing: Paddling Trip or Course

Participate in a paddling activity over two days with skilled paddlers such as the paddling team

Stage 3: Do > I know how to choose a paddle that is the correct size

Stage 3: Do > I can get in and out of my watercraft safely

Stage 3: Do > I have capsized a canoe while sitting in it

Stage 3: Do > I can get back into my canoe or kayak with help from someone in another watercraft if my watercraft capsized

Stage 3: Do > I have been part of a raft up drill on water and can explain its uses

Stage 3: Do > I can swim 50 meters with my PFD on using any stroke

Stage 3: Do > I can paddle my watercraft in the direction of travel, whether straight or around objects and shorelines

Stage 3: Do > I can secure my watercraft on the shore

Stage 3: Plan > I have learnt an additional stroke to assist with my paddling

Stage 3: Review > I have discussed with my Patrol what I have learnt about paddling safety from two paddling trips

Stage 3: Do > I have taken part in at least two paddling activities at this Stage

People	Resources	Duration	Location
1 Leading plus 2 competent adult swimmers per 4 craft	Paddle craft, PFD, First Aid Kit, Safety throw rope, spare clothing, Buoys, buckets, Frisbee.	2x half or full days >3hr each	Small lake, dam or approved location

Either participate in a two-day activity organised by skilled paddlers or try the activities below in an approved location over two days. One day practicing skills and one day playing games or journeying.

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

Prior to the activity: Conduct a pre-paddle safety briefing, buddy check including safety gear, go over boundaries and remind everyone only one craft to capsize at a time and to speak up and get warm if starting to feel cold.

Land based activities:

- Select a correctly sized paddle
- Assist any Stage 1 paddlers in your Patrol putting on PFD's
- Secure your craft by either tying it to a tree or jetty using the knots learned in Stage 2, or completely remove your boat from the water above where the water could rise to, and so wind cannot push the boat back in.

Water based activities check list:

Learn a new stroke: The draw stroke is used to move the craft sideways or to help steer in the front of a canoe. Practice using the draw stroke to move the craft sideways in a canoe or kayak. If in a canoe use the draw stroke to turn in circles. If youth already know the draw stroke research and learn another stroke such as the J stroke.

Raft up drill: Rafting up is mostly used to keep a Patrol together when listening to instructions and during deep water rescues. It can also be useful if only one boat can hold on to the bank to avoid drifting, in rough conditions it can help prevent capsize, you can even set up an improvised sail and take advantage of a tail wind.

1. All craft come together facing the same direction
2. Middle boats remove paddles from water and hold on to the gunnels of the boat either side
3. Outside paddles do any steering or paddling needed

Capsize and re-entry practice:

Capsize the boat - Sitting in a canoe or kayak **without** any **covers** or **straps** holding anyone in, lean the boat over to one side test out how far you can before it capsizes. When it eventually capsizes, slide out of the craft, keep hold of your paddle and hold the boat so they do not float away. Remember to give the OK hand signal to your buddies to let them know if you're OK.

Drain the boat – in shallow water empty the boat on the shore by keeping it upside down, slide one end on the bank then lift the other end slightly higher than the water, and rock it side to side so water pour's out. Or attempt the X rescue technique in deeper water.

Re-entering - with the assistance of others.

1. Raft up with 1-2 other crafts, with the rescue craft facing the opposite direction
2. Rescuers stabilise the craft by holding it tight and preventing it from tipping
3. One at a time swimmer pulls their chest across the boat deck staying low as they move across it and then slides feet into the cockpit

Tip: Float bags should be stuffed into the ends of the canoe or kayak to minimise how much water enters the first few times you try capsizing. Large dry bags or garbage bags can be used as a makeshift float bag, but you need to be environmentally conscious. If Stage 5 youth are available, they need to demonstrate craft specific self-rescue to Stage 3 youth.

Safety: Stay close to shore the first-time practicing capsizing and only practice one craft at a time. Never use canoe or kayak spray covers whilst learning without a trained paddler or rescuer experienced with rescues and spray covers.

Swim 50m in a PFD:

Simple version - Set up a 25m safety rope between two craft and have Scouts swim the length and back to their craft. At least one of the craft should be anchored and a competent paddler or strong Leader in each to help lift swimmers out of the water.

Difficult version - If this is too easy have boats raft up in Patrols of 2-3 positioned to create a simple 50m course and complete as a relay race. One swimmer from each raft Patrol gets in the water swims a full lap of the course then re-enters their craft before the next swimmer exits, first Patrol to have all swimmers back wins.

Safety: At least one competent craft should be placed in the middle to keep track of swimmers

Game 1: Musical canoes. Place 3-5 coloured buoys in the water. Painted milk cartons tied to a brick with paracord works well and are easily removed at the end of the activity. Paddlers circle the course whilst one drums on their boat. When they stop drumming, they yell the colour of one of the buoys. Everyone has to paddle to it and perform a raft up as fast as possible. The last boat in the raft is eliminated.

Game 2: Canoe frisbee golf. Create a course with 6-10 numbered buckets around water edge. Using a floating Frisbee or ball youth paddle around the course trying to get the Frisbee in the buckets in order. The aim is to locate the buckets whilst paddling with control and get the lowest total score. For an added twist the final bucket can be placed on a moving canoe.

Game 3: Youth game ideas: There are lots available online. The youth activity lead and assist to research or invent a paddling game that requires good boat control around the water. OR design a paddle treasure hunt with clues to find.

Reminders:

- Ensure to pack up and remove any buoys you put in the water or frisbee targets and take them home.
-

Discussion: Post-activity Group review

Following your paddling activities scouts do a review and add each day >3hr paddling to their logbook.

After the first activity answer the following questions:

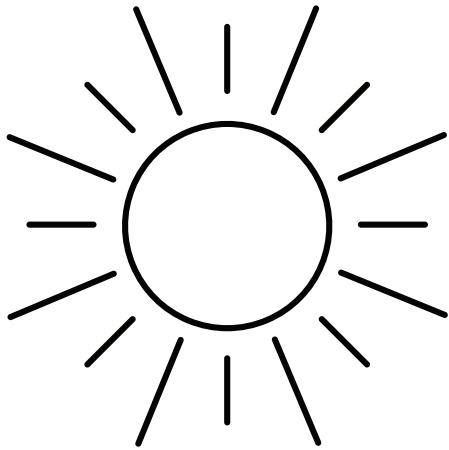
1. What is one thing we did well as a Patrol today?
 2. Is there any equipment or planning that needs to be adjusted for tomorrow? Why? (or next activity)
 3. What personal skill am I going to focus on tomorrow? (or next activity)
- Enter this activity into your logbook with a note from the questions above

After the second activity answer the following questions:

1. Did the changes we made from yesterday (last activity) improve today's activity? How?
 2. Today I improved or had difficulty with _____ Skill because _____
- Enter this activity into your logbook

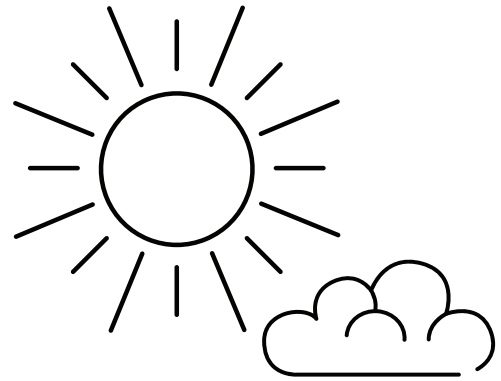
The following Statement may not have been completed and could be completed during a pool-based Stage 1 or joint activity.

Stage 3: Do > I have helped a stage 1 paddler put their PFD on.



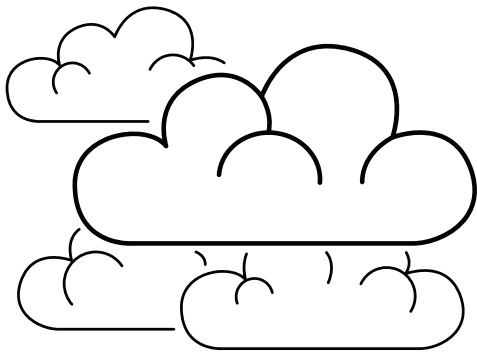
Sunny Day Hot Day
35-40°C

1.



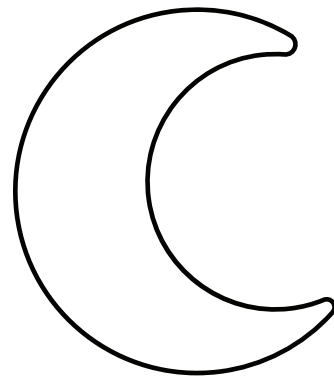
Blue Bird Day
18-22°C

2.



Overcast

3.



Night

4.



2.

Blue sky and moderate temperatures are great for physical activity. However, you need to know what the wind is doing and if it's going to cool you down, especially when wet.

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1.

Hot days are great for getting wet, they often come with a high UV index, a need for extra water and smaller bursts of activity to prevent heat exhaustion.

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4.

It's dark out and the nocturnal wildlife are awake. When the sky is clear, and the moon is bright you can see ok, but it can be difficult to make out shapes and know what's there or how close.

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3.

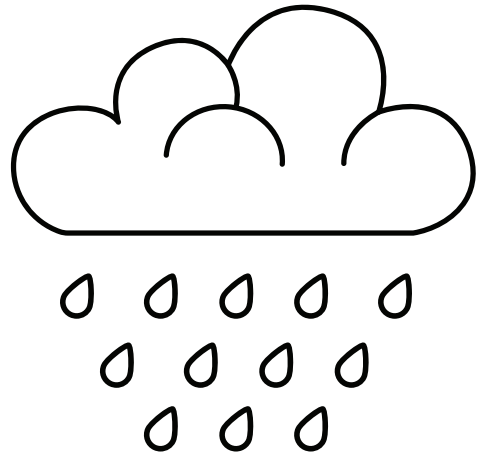
The sun might not be out but that doesn't mean the UV index isn't high or that there's no blinding glare off the water.

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Heavy Rain

5.



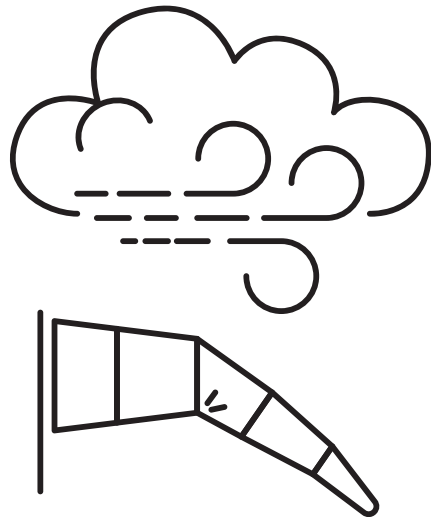
Showers

6.



**Lightning
Storm**

7.



Light Wind

8.



6.

Intermittent (on/off) showers might increase the speed of water flow in small streams, making rocks and water banks slippery. You might need to prepare to keep dry or be able to dry off a few times.

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5.

Short bursts of heavy rain might be ok in some locations. Long periods of heavy rain or rain in areas with terrain traps can funnel water and rivers can rise rapidly, and currents become faster.

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8.

Generally light wind is not a big problem for strong paddlers but can add to wind chill cooling you when wet.

It is harder to paddle against a head wind and if you stop paddling in still water you will be pushed with the wind.

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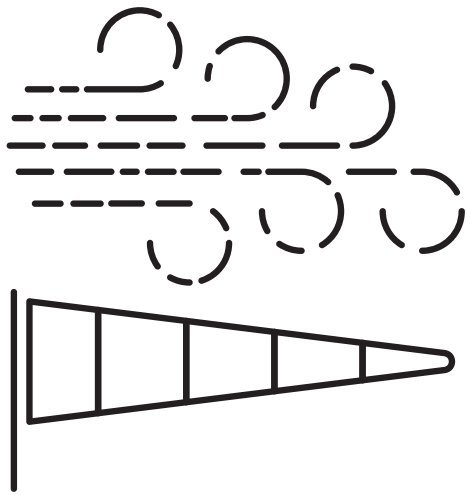


7.

Electrical storms can be a risk. Most injuries are not from being directly struck by lightning but from electricity traveling around or from falling tree branches that were struck. Remember if lightning is within 15km of you on a weather radar, or you can hear thunder you need to exit the water and wait 30 minutes after it has stopped.

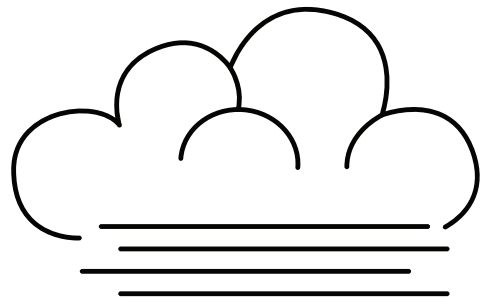
What lightning facts do you know?

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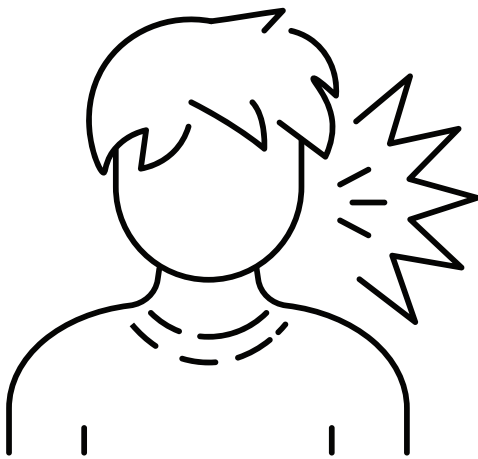
Strong Wind

9.



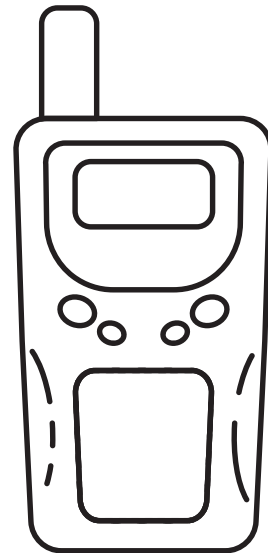
Fog

10.



Voice

11.



Radio

12.



10.

Inland waters are often coated by fog early in the morning when we start our trips. It might be harder to see what's ahead or where your buddies are if you spread out too much.

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9.

Heavy wind can push you upstream in a river even if the river is moving. In the ocean or lakes, wind pushing you away from shore is a big concern as you may not be able to paddle back to shore. Remember a north wind is coming from the north and will push you south.

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12.

A handheld radio is good for communicating with a base camp, another group, or between party leaders in difficult conditions.

Communication needs to be clear and short on a radio.

You also need to keep it waterproof and be able to use your hands to operate a radio.

What are you using it for?

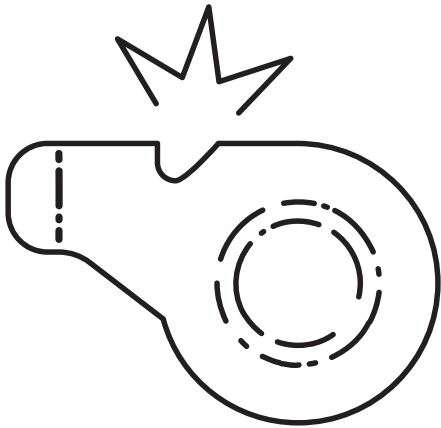
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11.

Voice is great for giving a lot of information quickly and chatting to your mates. However, it doesn't travel long distances without yelling and is hard to hear over white water or strong wind.

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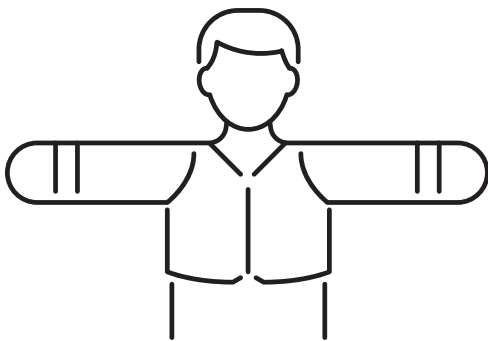
Whistles

13.



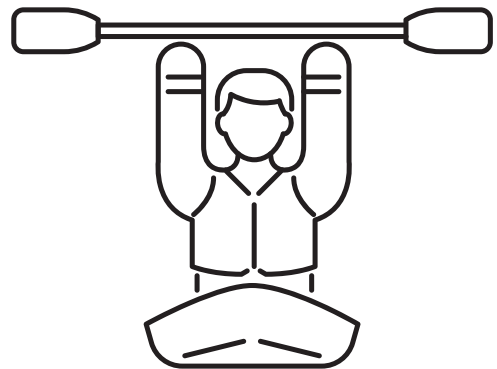
Personal Locator Beacon (PLB)

14.



**Hand Signals
STOP**

15.



**Paddle Signals
STOP**

16.



14.

PLB's are used in an emergency to alert that help, and emergency rescue is needed. They send a distress signal to satellite and gives your location.

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13.

This is a simple and clear communicator for noisy conditions and normally used to get attention or in an emergency.

Three sharp whistle blows are used to signal an emergency. One blow means all is OK or attention look hear.

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16.

Paddle signals are a great way to communicate simple instructions to your patrol.

A Paddle held still horizontally with both hands over head means "STOP".

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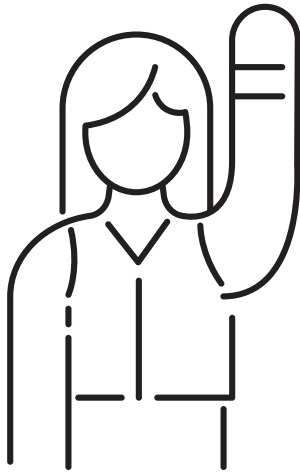


15.

Hand signals are a great way to communicate simple instructions to your patrol.

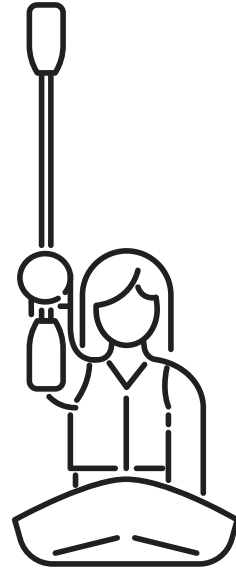
Arms held in a T position is the signal for "STOP" stay where you are.

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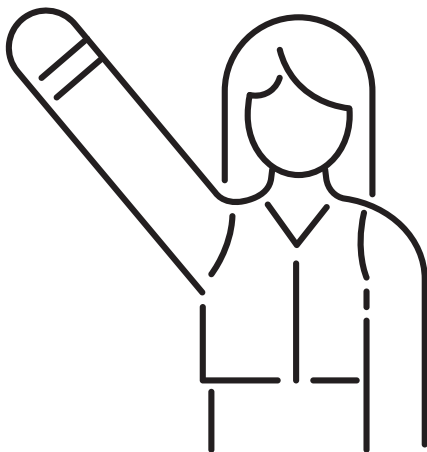
Hand Signals
ALL CLEAR

17.



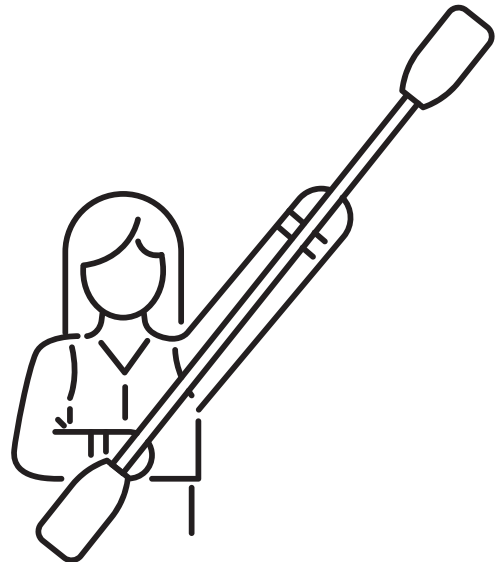
Paddle Signals
ALL CLEAR

18.



Hand Signals
Left / Right

19.



Paddle Signals
Left / Right

20.



18.

Paddle signals are a great way to communicate simple instructions to your patrol.

A paddle blade held high above the head means "ALL CLEAR" or you're ok to paddle towards me or the passage is clear.

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20.

Paddle signals are a great way to communicate simple instructions to your patrol.

Holding a paddle blade up diagonally to the sky signals to your partner to go Left or Right often around an obstacle. Simply point to the way to go.

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17.

Hand signals are a great way to communicate simple instructions to your patrol.

One hand held high above the head means "ALL CLEAR" or you're ok to paddle towards me or the passage is clear.

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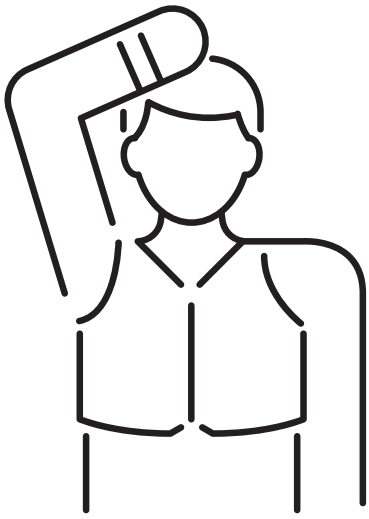


19.

Hand signals are a great way to communicate simple instructions to your patrol.

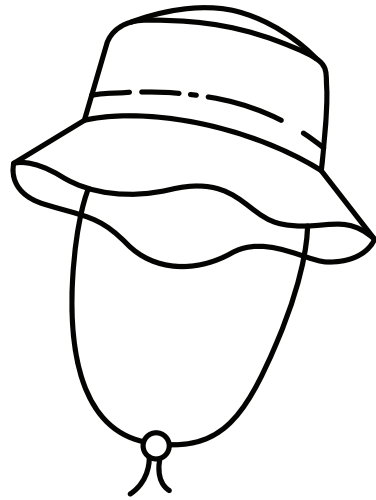
Holding an arm up diagonally to the sky signals to your partner to go Left or Right often around an obstacle. Simply point to the way to go.

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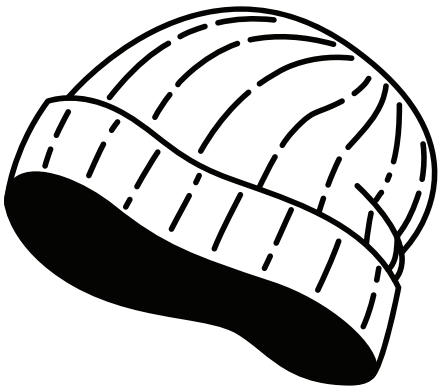
**Hand Signals
OK**

21.



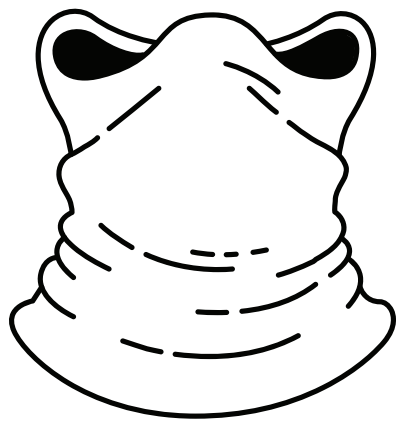
Sun Hat

22.



Beanie

23.



Neck Gaiter

24.



22.

Protect your neck and face from the sun, depending on your trip it may need to fit with a helmet.

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24.

Can either protect you from the sun or help keep warm after a trip.

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21.

Hand signals are a great way to communicate simple instructions to your patrol.

Taping your head with one hand signals "OK". It can be used to communicate you understand a signal but is an important signal used to say "I'm ok" after capsizing.

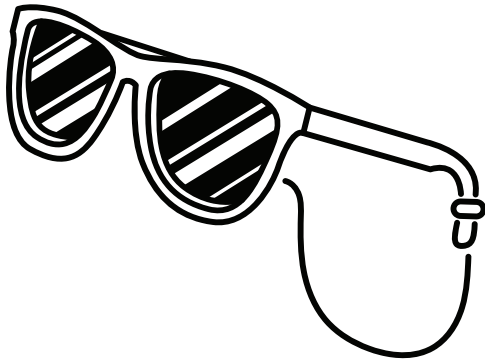
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23.

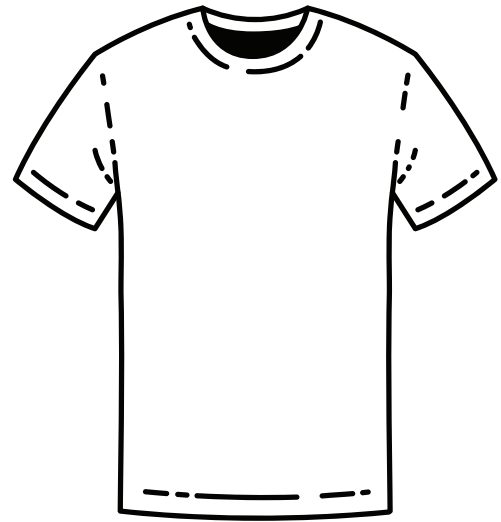
Keep your head warm in really cold water or something good to put on after you're done for the day to warm back up.

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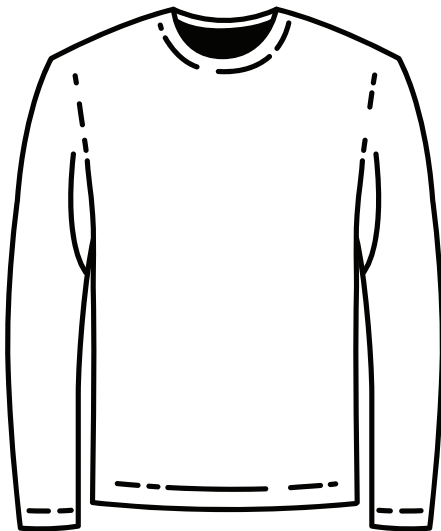
Sunglasses

25.



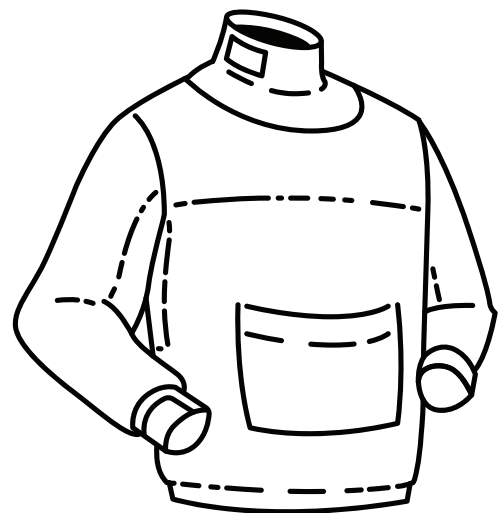
**Quick Dry
T-shirt**

26.



**Full Length
T-shirt**

27.



**Waterproof
Cag**

28.



26.

Cotton tops will keep you cold,
Quick dry tops are a better
choice when you're likely to
get wet.

Who is wearing the best
top right now?

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25.

Protect the eyes on a sunny
day when reflections are bright
off the water.

A sunglasses strap will be
needed so you don't lose them
if you fall in.

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28.

These waterproof tops have
tight seals around the openings,
so no water gets on your torso.
However, they can be very hot
to paddle in if used in the wrong
conditions but are great when
the water and wind are cold.

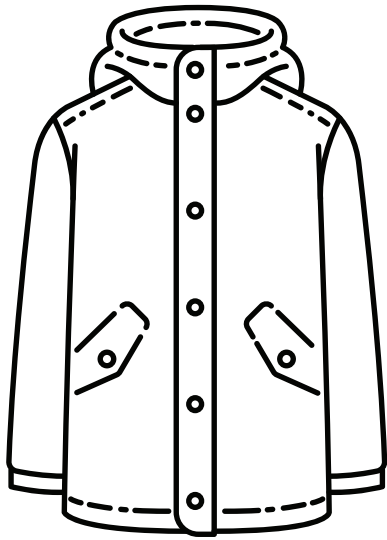
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27.

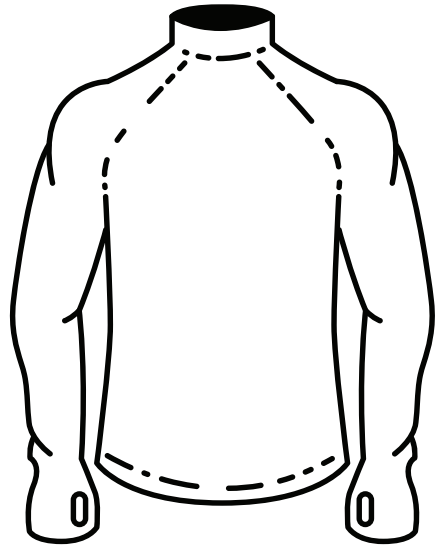
Full length t-shirts are great for
keeping the sun off your arms,
or protecting from a slight
breeze, however, remember the
sleeves are likely to go in the
water when you're paddling.

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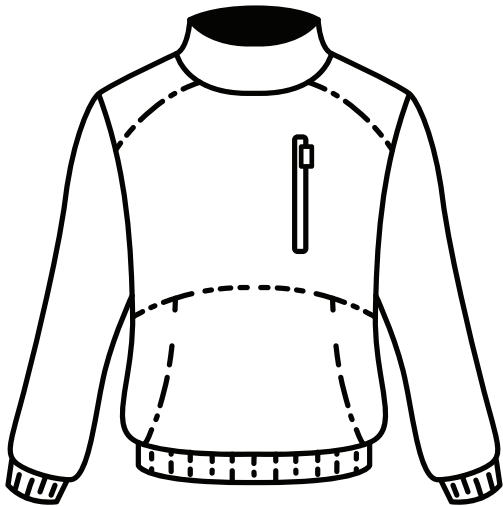
Rain Jacket

29.



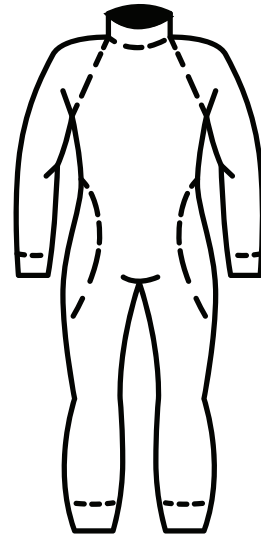
**Long Sleeve
Thermal Top**

30.



**Fleece
Jumper**

31.



**Full Length
Wetsuit**

32.



30.



29.

Thermal tops generally keep you warm and even offer some insulation when wet. They are great to have on a trip when cold or just in case and they pack small.

Rain jackets are ok for a shower or if there is some rain when you're camping. But if you capsize, they will not keep you dry.

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32.



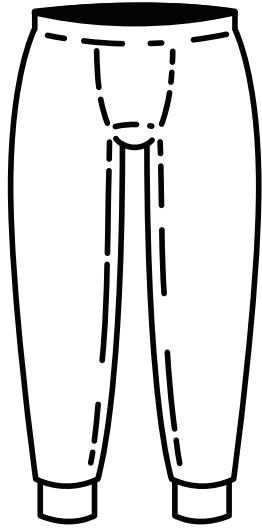
31.

Good for cold conditions when you know you're going to get wet and keep you warm once wet.

Thes make good spare layers if cold, having a lunch break, or for after a paddling for the day.

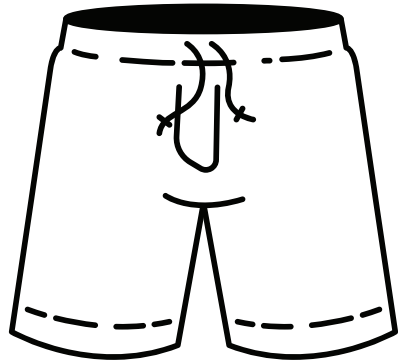
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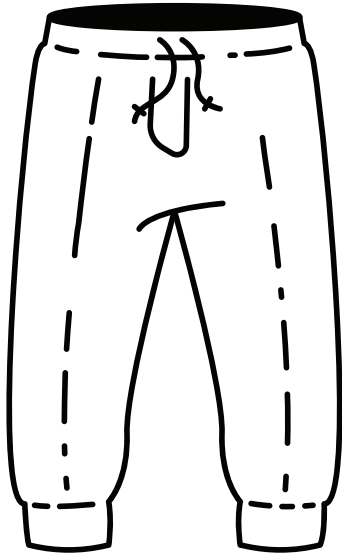
**Thermal
Bottoms**

33.



**Water
Shorts**

34.



Fleece Pants

35.



Runners

36.



34.

Quick dry and often good to put on even if you wear a wet suit to protect it from getting holes when you sit all day.

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36.

Protect your feet when carrying a boat on land or when you must walk in the water. There are plenty of sharp things on the bottom of rivers and lakes.

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33.

Thermal bottoms keep you warm and even offer some insulation when they get wet. They are great to have on a trip when cold or just in case. Since you're not using your legs when paddling they can keep your lower half warm.

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35.

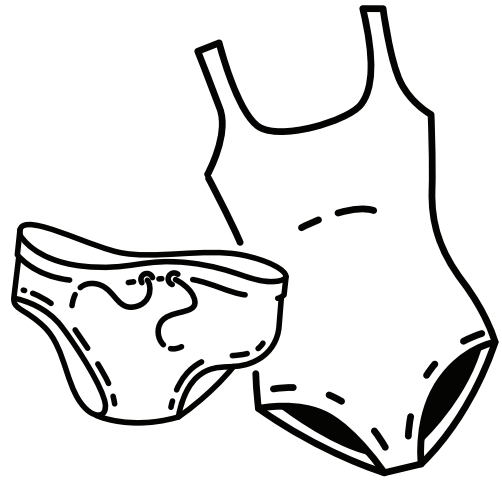
Great for the end of a paddling trip when getting dry or keeping warm at camp.

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Sandals

37.



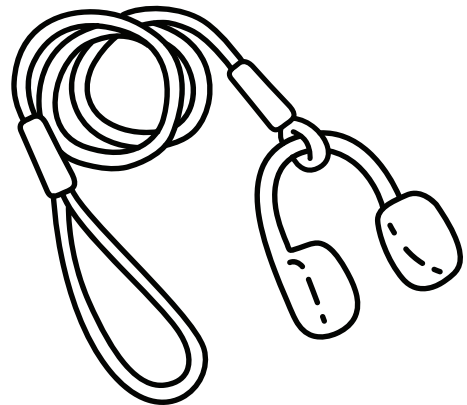
Bathers

38.



Socks

39.



**Nose Clip
With Leash**

40.



38.

Often bathers are a more commutable underlayer than cotton undies and great if you're also going to swim.

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37.

Just like runners or river shoes, closed sandals protect your feet when walking in water. There are often lots of rocks and branches to stub your toes on so make sure they have something covering the toes.

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40.

Save this one for white water epics. Nose clips are helpful when you capsize a lot and don't like getting a lot of water up your nose. Unfortunately, you will need to breathe only with your mouth.

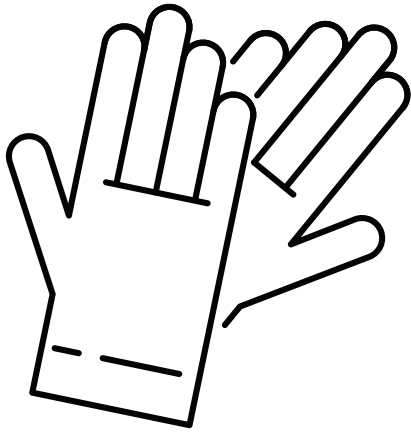
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39.

Wool socks can be worn when paddling if you get cold feet but most of the time are saved for after we are done for the day.

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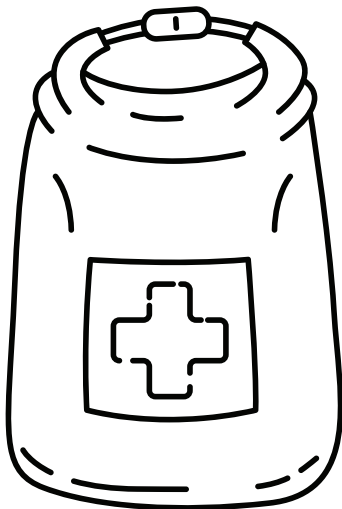
**Neoprene
Gloves**

41.



**Free Choice
Item**

42.



First Aid Kit

43.



Throw Rope

44.



42.

Free choice clothing item...

What is your item and why is it needed based on the cards you have selected?

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41.

Great in cold water or if your thumb is blister prone when paddling. The downside is some find it can be harder to feel or grip the paddle.

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44.

Can be thrown from land or from a boat to help rescue a friend. Good throw ropes are high visibility (usually yellow) and float in water.

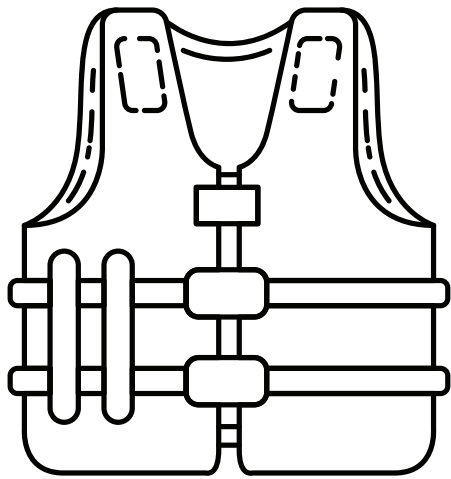
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43.

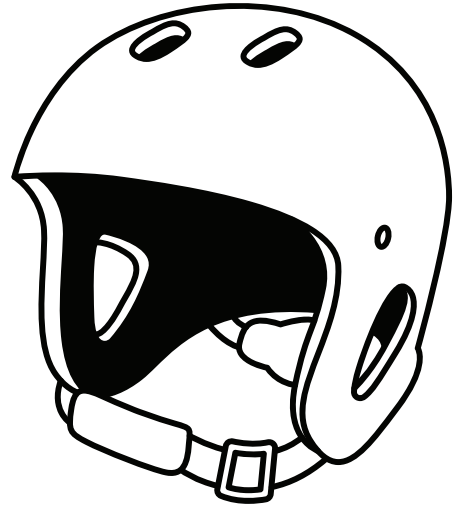
Are you going to have a group first aid kit or is everyone going to carry a small one? Don't forget you're in a wet environment.

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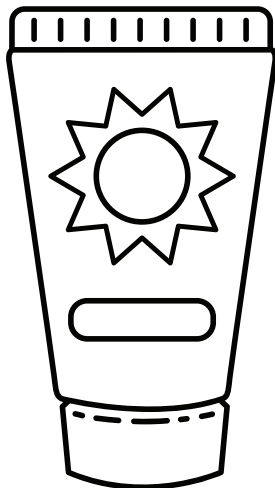
**Personal Flotation
Device (PFD)**

45.



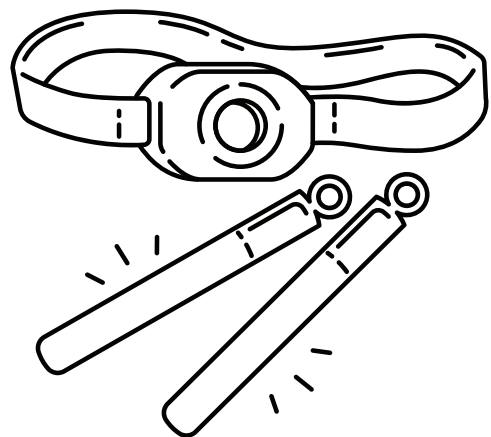
Helmet

46.



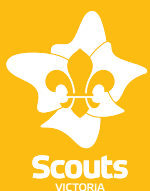
Sunscreen

47.



**Head Torch and
Glow Sticks**

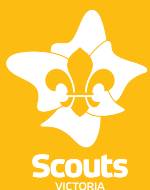
48.



46.

Paddle sport helmets have water drainage holes and are worn on moving water or when there are things to hit your head on under the water.

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48.

Useful for paddling at night or when camping.

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45.

Level 50 (Type 2) PFDs are most suitable for paddle sports allowing good movement and have high visibility. During canoeing, kayaking and rafting a fitted PFD is required by law.

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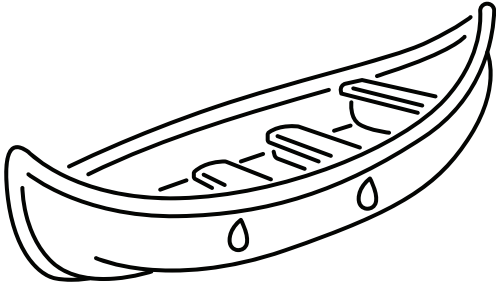


47.

Slip, ____, Slap, Seek, Slide. You know what sunscreen is for, but it does work.

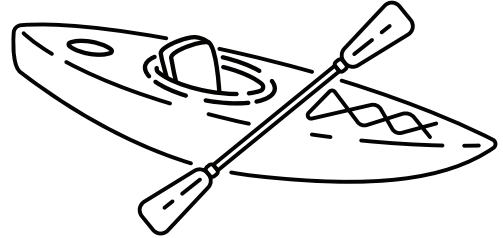
During paddling you need to choose a water appropriate sunscreen and re-apply or cover up. Don't forget the reflections from the water.

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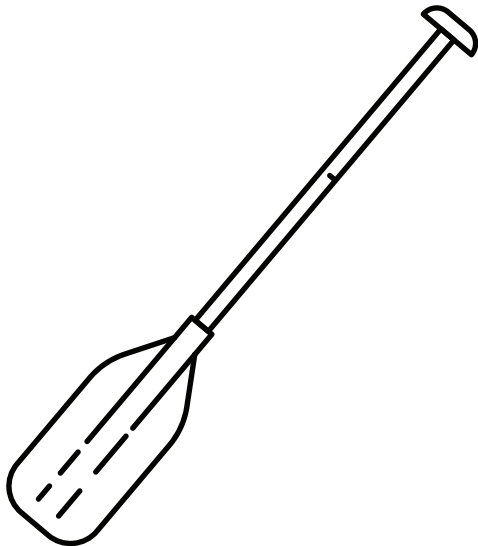
Canoe

49.



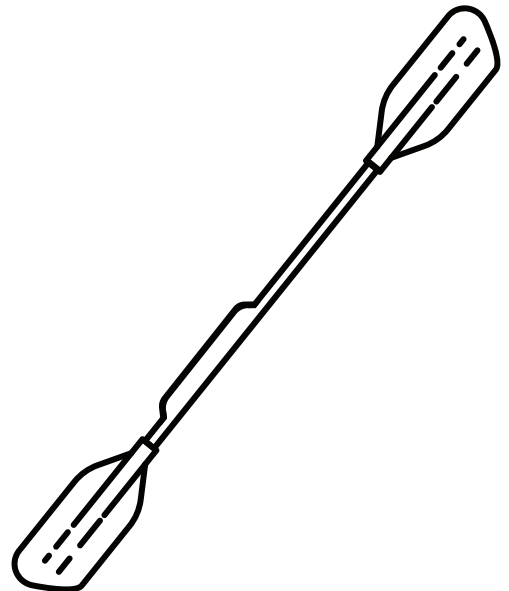
Kayak

50.



**Single Bladed
Paddle**

51.



**Double Bladed
Paddle**

52.



50.



49.

Usually, one person paddles with a double-bladed paddle. A K1 is a one-person kayak, and a K2 is a two-person kayak.

Usually paddled by two people.

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52.



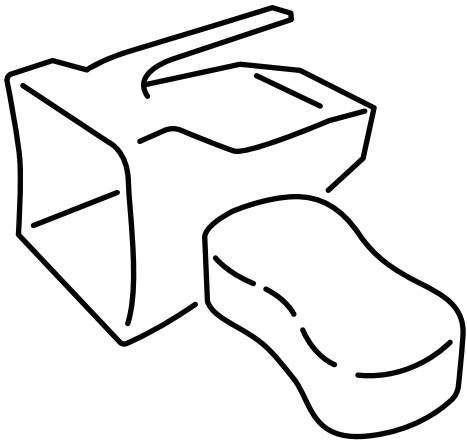
51.

Kayak paddle or double-bladed paddle. These paddles often have the blades on different angles from 90° to 15° depending on the type of water we are paddling in and the need to push through wind.

Canoe paddle or T-grip paddle.

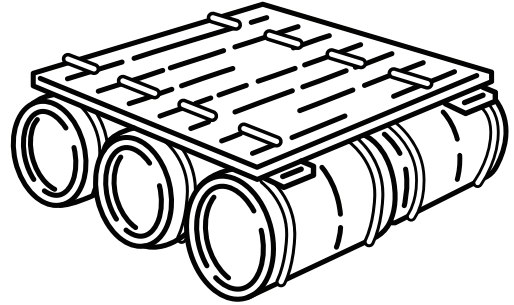
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**Water Bailer
and Sponge**

53.



**Constructed
Raft**

54.



Tent

55.



**Cooking
Equipment**

56.



54.

What equipment do you need to construct your raft?

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56.

Let's think small and light in our kayaks. Cones have more space, but more things will make a heavy boat.

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53.

Cones, Kayaks and Rafts are required to carry something to bail water out of the boat when near the coast. You can make your own by cutting the end of a milk bottle. Remember to tie it on so it doesn't float away.

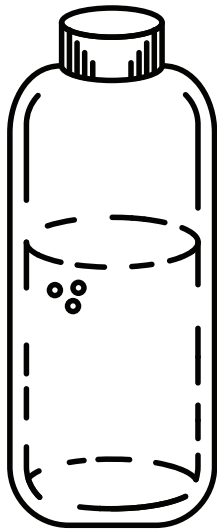
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55.

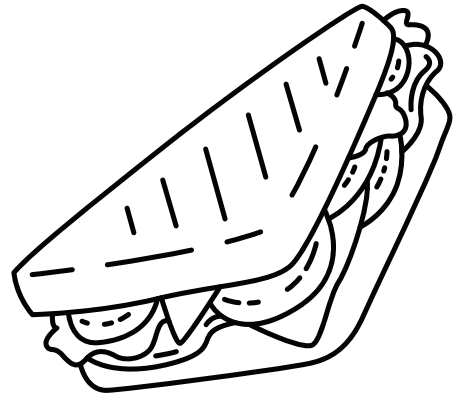
Needs to fit in your paddle craft on a journey.

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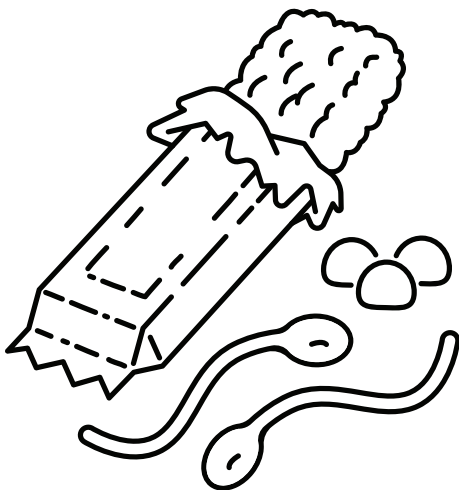
**Drinking
Water**

57.



Lunch

58.



Snack

59.



**Dinner and
Breakfast**

60.



58.



57.

Nom Nom Nom make sure we
have enough food to stay
energised and alert

Nom Nom Nom make sure we
have enough food to stay
energised and alert

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60.



59.

Nom Nom Nom make sure we
have enough food to stay
energised and alert

Nom Nom Nom make sure we
have enough food to stay
energised and alert

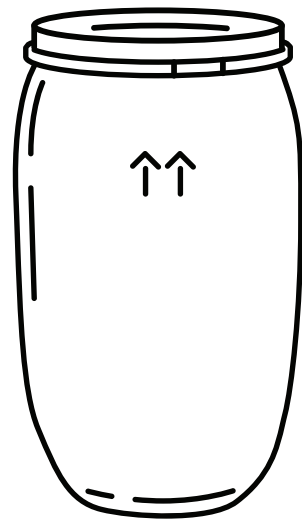
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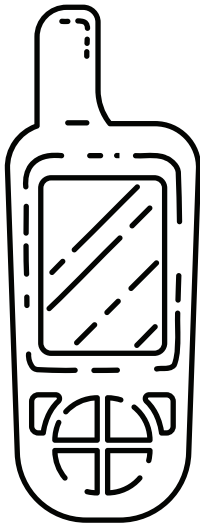
Dry Bag

61.



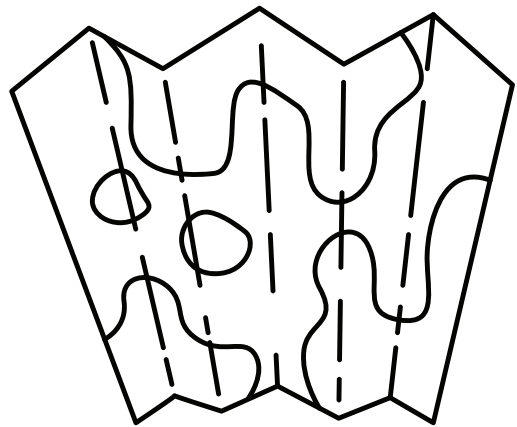
**Plastic
Barrel**

62.



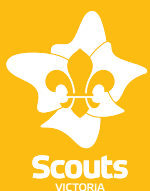
GPS

63.



Map

64.



62.

These big plastic barrels are great in a canoe or strapped to a raft and fit lots of stuff.

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61.

Flexible dry bags can easily be stuffed in to the back of a kayak if you don't over fill them.

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64.

It's a good idea to laminate your map and pre mark your camping spots as well as identifying landmarks so you don't past them.

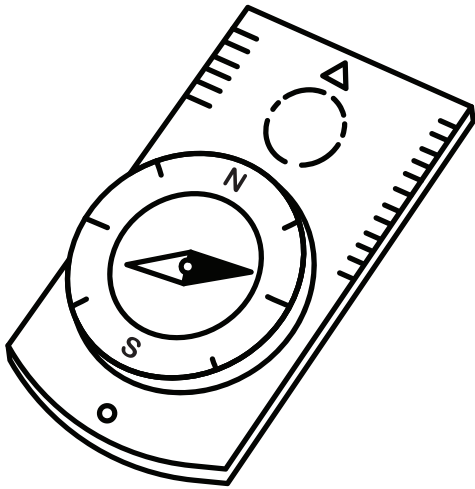
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63.

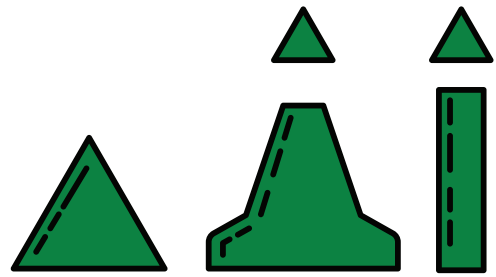
Remember these only work with power and you may need to keep them dry.

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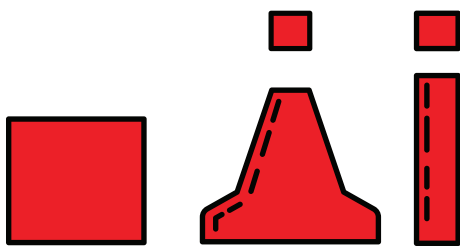
Compass

65.



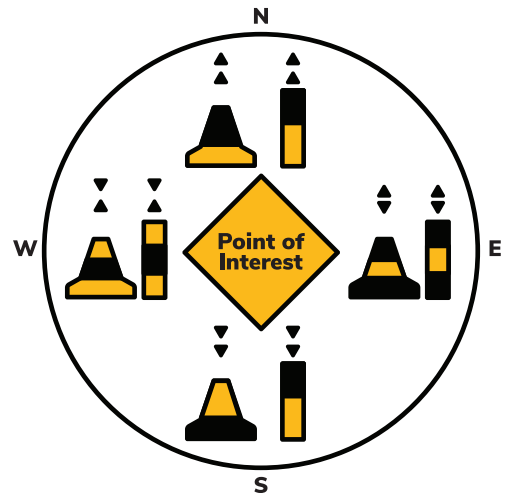
Starboard Lateral Markers

66.



**Lateral Markers:
Port.**

67.



**Cardinal
Markers**

68.



66.

Green buoy or post, that may have cone shape sign above it.

Green lateral markers indicate the starboard (Right hand) side of a channel when travelling into port or upstream. Cones and Kayaks should stay out of shipping channels.

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65.

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68.

Cardinal Markers are used to let boats and ships know what side of an obstacle, and the marker, it is safe to pass on.

Example, two up facing triangles or a bouy with a yellow bottom and black top means pass this on the north side.

Study the image you will notice each buoy has a different color patten. At night If the markers have a flashing light it will flash the number of times according to its position on a clock so 3 flashes = East.

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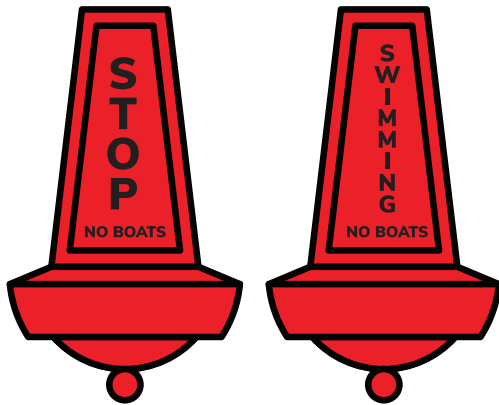


67.

Red buoy, post, or cylinder (can) shaped sign.

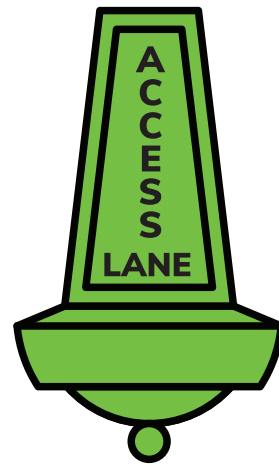
Red lateral markers indicate the Port (Left) side of a channel when travelling into port or upstream. They may have a event number Cones and Kayaks should stay out of shipping channels.

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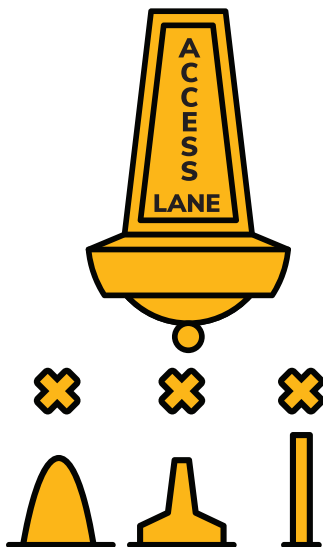
Red Mini Bouy

69.



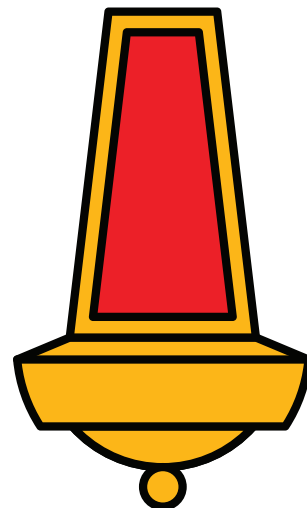
Green Mini Bouy

70.



**Solid Yellow
Marker**

71.



**Red and Yellow
Mini Buoy**

72.



70.

On Inland waters green mini buoys mean unrestricted area between buoys, often this is a pickup location for Water skiing or ferry's so is likely to have motor or sail boats moving round. You need to know where boats are if going into this area.

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69.

On Inland waters like big lakes the red buoy means Stop no boating area. Often these may be reserved for swimming. You need to stay out of this area.

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72.

Indicates some sort of hazard to avoid.

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71.

Special marks are used to indicate a special area or feature.

Commonly they are used in no boating zones, special activity zones and speed restriction zones. Sometimes they have additional information and sometimes they do not. In coastal waters they may have an X above them.

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**STRONG
CURRENTS**

Warning Signs

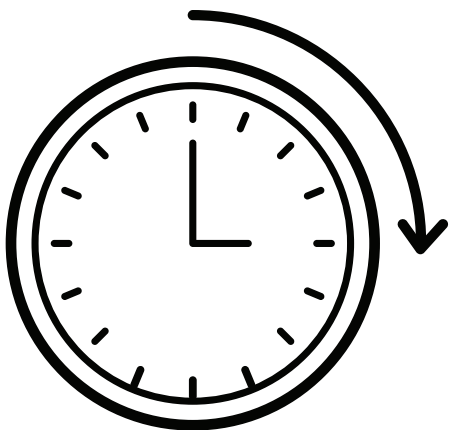
73.



NO SWIMMING

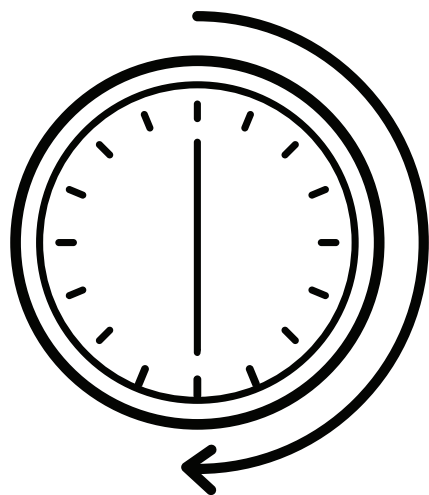
**Regulation/
Rule**

74.



**Time
3 hours**

75.



**Time
6 hours**

76.



74.



73.

A circle sign with a red or green outline means something is regulated. If the sign is red like this one with a line through it then something is not allowed.

However, if the sign is green with no line it is allowed. And if it's red but has no line then it's allowed but there's some rule like a speed sign.

A yellow Diamond shape sign is a warning or advise of some risk that may not be obvious.

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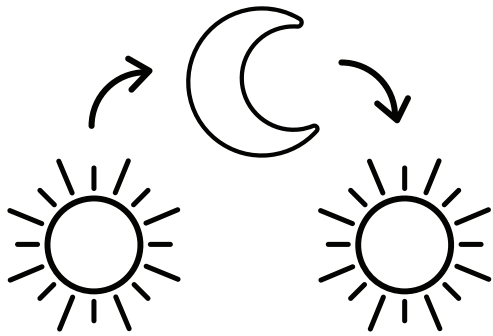
76.



75.

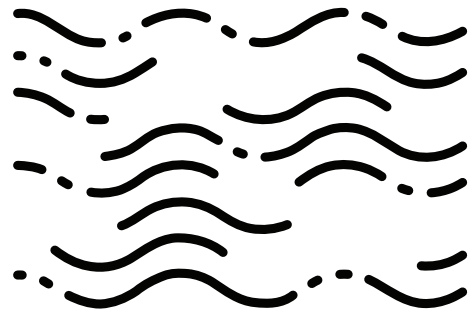
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**2 days
1 night**

77.



River

78.



Lake

79.



Ocean

80.



78.



77.

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80.



79.

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