

Padding Adventure Skills

Stage 1

I have discussed what a wetsuit does.

- know the dates when a wetsuit must be worn (*Winter Season – Long size*) and when it is optional (*Summer Season – Short size*).
- have an idea how a wet suit works: *traps water against your body and stays warmer*

I know what a buoyancy aid and life jacket are for.

- know the main differences between a Standard Buoyancy Aid and a Life Jacket.
- know when and where both Personal Floatation Devices (PFD's) should be worn:
 - *Buoyancy aid: for in-land waters like rivers*
 - *Life Jacket: for open waters such as seas, oceans and large lakes*

I can show where the bow and stern are in a kayak or boat.

- be able to identify the difference between the Bow (*Front*) and Stern (*Back*) of a boat.

I understand why I should follow directions from an instructor.

- be able to discuss how to act in a boat.
- know how to be aware of what's happening around them and how to follow instructions from the Scouter in charge.

I can show the limits of where I may go each time I go afloat for paddling.

- be aware of the extent that they should go in a vessel and know any local dangers in the water:
 - *locks*
 - *weirs*
 - *tides*
 - *currents – different speeds*
 - *water levels – high & low*

I know about the 'Buddy' system.

- be able to talk about the buddy system and explain how and why it is used when in the water:
 - *always be in at least groups of three – when someone is injured or in danger, one person can stay with them and the other can go get help*

I know why I should care for my wet suit, buoyancy aid and 'cag' after use.

- know why it is important to wash their water activity equipment with cold fresh water after all usage: *to keep in good working order, free from dirt and mould*

I know not go afloat if the wind is greater than Force 4

- the Beaufort scale describes the strength and speed of the wind: *0 is no wind, 12 is a Hurricane!*

I know how to contact the emergency services.

- know the emergency number *112 (or 999)* and say what kind of help is needed
 - *Garda/Police, Lifeboat/Coast Guard, Ambulance, Fire Brigade*
- NB: 911 is only for America – it doesn't work here in Europe!

I have taken part in a short exercise afloat

- a half day of at least two hours on or around the water



