Paddling 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:
  o Buoyancy aid: for in-land waters like rivers
  o 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:
  o locks
  o weirs
  o tides
  o currents – different speeds
  o 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:
  o 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
  o 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