

## SENIOR PADDLING BADGE

**Badge Purpose:** When you've earned this badge, you'll have paddling skills and know how to be safe—and have fun—on the water.

**Activity Plan Length:** This badge will need to be completed at your own pace.

Activity	Materials Needed
<p>All About Paddling</p> <ul style="list-style-type: none"> <li>Learn about kayaking, canoeing, and stand up paddleboarding (SUP).</li> </ul>	<input type="checkbox"/> Computer with Internet access
<p>Learn SUP Safety and Strokes</p> <ul style="list-style-type: none"> <li>Learn how to be safe on a stand up paddleboard and explore different paddle strokes.</li> </ul>	<input type="checkbox"/> Computer with Internet access <input type="checkbox"/> Paddle
<p>Introductory Paddle</p> <ul style="list-style-type: none"> <li>Go on a short SUP adventure.</li> </ul>	<input type="checkbox"/> Paddleboard, paddle, PFD (Personal flotation device) <input type="checkbox"/> Appropriate safety items for your trip
<p>Paddle Adventure</p> <ul style="list-style-type: none"> <li>Take your paddling skills to the next level!</li> </ul>	<input type="checkbox"/> Paddleboard, paddle, PFD (Personal flotation device) <input type="checkbox"/> Appropriate safety items for your trip

### Activity #1: All About Paddling

Badge Connection: Step 1 – Explore the three paddling sports

Materials Needed: Computer with Internet access

- Research the three paddling sports (kayaking, canoeing, and stand up paddleboarding) using the Internet, books, articles, or expert advice.
- Ask the following questions about each sport:
  - How did this sport get started? When did it become popular?
  - What makes each of these sports a different experience?
  - What gear do you need for each sport? Can it be rented or borrowed? If you were to buy the equipment how much would it cost?
  - How do you best transport, store, and care for the craft and paddle?
  - What type of paddle does it require?
  - Where would be an appropriate place to paddle for your level?
  - What local organizations, clubs, camps, etc. offer lessons?



3. Create a visual highlighting the similarities and differences between these three paddling sports, such as a Venn diagram or color-coded chart.

## Activity #2: Learn SUP Safety

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Badge Connection: Step 2 – Learn paddling safety and Step 3 – Practice paddling techniques

Materials Needed: Computer with Internet access; paddle

Prep Needed:

- You must be able to swim before learning any paddle sports.
1. Research the following using books, articles, the Internet, and/or trained SUP Instructors:
    - How to get on and off of a paddleboard from a dock and from the shore
    - How to practice safety maneuvers to right a capsized craft or get back on if you fall off
    - The importance of SUP leashes and what types are best for different water conditions
    - What to do if paddleboard is punctured
    - Safety requirements for paddleboarding—equipment needed, how to signal for help in an emergency
    - Rules for waterway safety on paddleboards
    - Navigation on the water
    - How to wear a PFD (personal floatation device) and what type is best for stand up paddleboarding.
    - Appropriate clothing, footwear, and sun protection for the sport
  2. Learn about using the paddle
    - Identify what type of paddle is needed and how to size it
    - Find out how to properly hold and stroke with the paddle
    - Learn the forward stroke, reverse stroke, and sweep stroke
    - Learn how your paddling or strokes might change in different water conditions
  3. Practice Paddling
    - Practice the grip and strokes you learn on dry land

## Activity #3: Introductory Paddle

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Badge Connection: Step 4 – Go on a short paddling adventure

Materials Needed: Canoe, kayak, or stand up paddleboard; paddle; PFD (Personal floatation device); appropriate safety items for your trip

Prep Needed:

- For your first paddling adventure, you'll need to go paddling with an expert or experienced, adult paddler. Find a local outdoor group or community center that offers SUP lessons, go with a certified instructor, or try it out at Girl Scout camp.
1. Make a plan for your paddling adventure. Sign up, arrange transportation, and know what gear is provided and what gear you are responsible for. Coordinate a rental if needed.
  2. Pack your gear—and remember, plan for everything you bring to get wet! Don't forget snacks, water, or sunscreen.
  3. Go paddling!



## Activity #4: Paddle Adventure

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Badge Connection: Step 5 – Take your paddling skills to the next level

Materials Needed: Canoe, kayak, or stand up paddleboard; paddle; PFD (Personal flotation device); appropriate safety items for your trip

Prep Needed:

- Once you are comfortable on a stand up paddleboard, take your skills to the next level by taking an overnight trip, joining or organizing a SUP race, or paddling in a new location or a longer distance.
  - Do not take a paddling trip by yourself.
  - Always create a trip plan and leave a copy with someone who is not going on the trip (like a parent or troop leader). Include when you'll be leaving, returning, where you'll be going, and what you have with you (e.g. snacks, water, a cell phone in a dry bag, etc.)
1. Make a plan for your SUP adventure. Sign up, arrange transportation, and know what gear is provided and what gear you are responsible for. Coordinate a rental if needed.
  2. Pack your gear—and remember, plan for everything you bring to get wet! Don't forget snacks, water, or sunscreen.
  3. Go on your paddling adventure!

## More to Explore

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- Field Trip Ideas:
  - Visit an outdoor gear store to learn about different types of vessels/boards and paddles.
  - Participate in a local canoe, kayak, or SUP race.
- Speaker Ideas:
  - Invite a SUP instructor to your troop meeting to provide some pointers on developing your SUP skills.
  - Invite a kayak, canoe, or SUP racer to your troop meeting to talk about preparation and training for a race.
- Additional Resources:
  - Stand Up Paddleboard Safety: <https://www.islesurfandsup.com/standup-paddle-board-safety/>
  - SUP Basics: <https://www.rei.com/learn/expert-advice/paddleboarding.html>
  - How to choose SUP Paddles <https://www.rei.com/learn/expert-advice/sup-paddles.html>

