

Visit the "Scouting with Mr. R." web site at [www.relia.net/~thedane/scouting.html](http://www.relia.net/~thedane/scouting.html)



<http://www.canoeoutfitters.com/intro.html>



**CANOEING  
PASSPORT**



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**CANOEING  
PASSPORT**



# FIRST AID (1)

Show that you know first aid for injuries or illnesses that could occur while canoeing, including the following:

**hypothermia** (Body temperature drops below 96° F. *Symptoms: Slow or irregular speech; shallow or very slow breathing; fatigue; confusion; slow pulse; weakness or drowsiness; shivering; cold pale skin.*)

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**heat stroke** (**Severe** injury from high body temperatures (usually greater than 104°F.) that cause damage to many organs. Two categories: **exertional**-exercising in excessively warm conditions; **classic**-remaining in warm environments too long. *Symptoms: Same as heat exhaustion plus confusion, hallucinations, bizarre behavior, seizure, coma.*)

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## ACROSS

1. A J-stroke is used to keep a canoe going in a \_\_\_\_\_ direction.
3. The front section of a canoe.
4. Ridge along the bottom of a canoe.
6. When a canoe turns over or fills with water.
7. The 9th part of "Safety Afloat."
11. Body temperature drops below 96 degrees.
12. Acronym for Personal Floation Device.

## DOWN

2. The top edges of the sides of a canoe.
3. The wide section of a paddle placed in the water.
5. Typer of swimming done while on one's back.
8. The long narrow part of a paddle.
9. Acronym for Cardiopulmonary Resuscitation.
10. The width of a canoe from side to side.

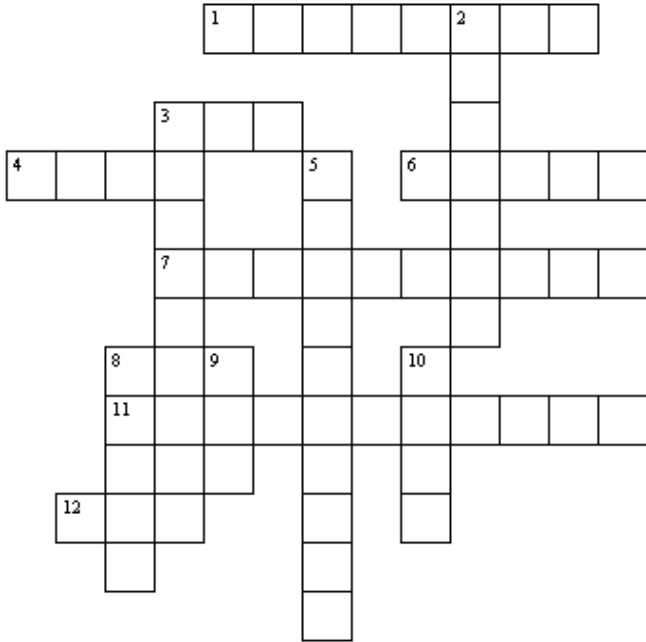
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# CANOEING



**heat exhaustion** (Body encounters excessively high temperatures that it can't manage. Body temperatures that are very high, but usually less than 104°F. *Symptoms: Signs of dehydration, weakness, headache, and nausea.*)

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**dehydration** (Body does not have enough fluids to function properly. Often caused by fluid loss (improper intake, vomiting, diarrhea or excessive urination).)

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**insect stings** (The two greatest risks from most insect stings & bites are allergic reaction (which may occasionally be fatal) and infection (more likely and less serious). *Symptoms: Reddening of bite area. Painful.*)

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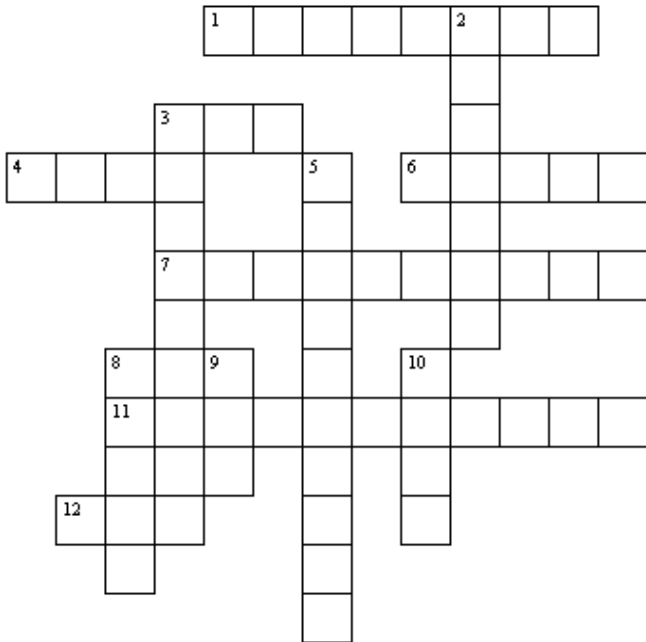


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**tick bites** (Ticks are small insects that live in grass, bushes, wooded areas, and seashores. They attach their bodies onto a human or animal host and prefer hairy areas such as the scalp, behind the ear, in the armpit and groin, and also between fingers and toes. Symptoms: A rash, fever, muscle aches, joint pain and swelling).



**blisters** (Usually caused by excessive rubbing of skin, rashes, burns, or reactions to insect bites. *Symptoms: White fluid-filled bumps on skin, causing no pain unless they rupture, exposing tender skin underneath. Itching from the irritated skin immediately surrounding the blister.*)



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## TYPES OF CANOEING (10)

Discuss the following types of canoeing:

Olympic flatwater \_\_\_\_\_

Outrigger \_\_\_\_\_

Marathon \_\_\_\_\_

Freestyle \_\_\_\_\_

Whitewater \_\_\_\_\_

Canoe poling \_\_\_\_\_



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# SOLO CANOEING (9)

Wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate solo canoe handling:

- Launch from shore or a pier (both, if possible).
- Using a single-blade paddle and paddling only on one side, demonstrate proper form and use of the forward stroke, backstroke, draw stroke, pushaway stroke, forward sweep, reverse or back sweep, and J-stroke. Repeat while paddling on the other side.
- While paddling on one side only, paddle a 50-yard course making at least one turn underway and one reverse of direction. Repeat while paddling on the other side.
- Make a proper landing at a dock or shore (both, if possible) Store canoe properly (with assistance, if needed).
- In deep water, exit the canoe and then get back in without capsizing.

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# CPR (2)

a. Identify the conditions that must exist before performing CPR on a person. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Explain how such conditions are recognized.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. Demonstrate proper technique for performing CPR using a training device approved by your counselor.

### CPR TIME LINE

- 0-4 mins. brain damage unlikely
- 4-6 mins. brain damage possible
- 6-10 mins. brain damage probable
- over 10 mins. probable brain death



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**BSA SWIMMER TEST (3)**

**Before** doing the following requirements, **successfully complete the BSA swimmer test**: Jump feet first into water over your head in depth, **swim 75 yards** in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then **swim 25 yards** or 25 meters using an easy resting backstroke. The 100 yards or 100 meters must be swum continuously and include at least one sharp turn. After completing the swim, **rest by floating** as motionless as possible.

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**PADDLING STROKES (7)**

With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, demonstrate the following paddling strokes as **both** a bow and stern paddler:

- |  |   |
|--|---|
| <input type="checkbox"/> a. Forward stroke | <input type="checkbox"/> e. Forward sweep         |
| <input type="checkbox"/> b. Backstroke     | <input type="checkbox"/> f. Reverse or back sweep |
| <input type="checkbox"/> c. Draw           | <i>For stern paddling only:</i>                   |
| <input type="checkbox"/> d. Pushaway       | <input type="checkbox"/> g. J-stroke              |

**TANDEM MANEUVERS (8)**

Using the strokes in requirement 7, demonstrate the following tandem maneuvers while paddling on opposite sides and without changing sides. Repeat after switching positions and paddling sides:

- Pivot or spin the canoe in either direction.
- Move the canoe sideways or abeam in either direction.
- Stop the canoe.
- Move the canoe in a straight line for 50 yards.

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❑ f. Capsize the canoe and demonstrate how staying with a capsized canoe will support both paddlers.

❑ g. Swim, tow, or push a swamped canoe 50 feet to shallow water. In the shallow water, empty the swamped canoe and reenter it.

❑ h. In deep water, rescue a swamped canoe and its paddlers by emptying the swamped canoe and helping the paddlers safely reenter their boat without capsizing.



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## ***SAFETY AFLOAT (4)***



❑ Discuss the BSA Safety Afloat policy:

1. Qualified Supervision
2. Physical Fitness
3. Swimming Ability
4. Personal Flotation Equipment
5. Buddy System
6. Skill Proficiency
7. Planning
8. Equipment
9. Discipline

❑ How does it apply to canoeing activities?

❑ Discuss the most common weather and water-related hazards encountered while canoeing and how to deal safely with each one.

## ***SAFETY AFLOAT (4)***



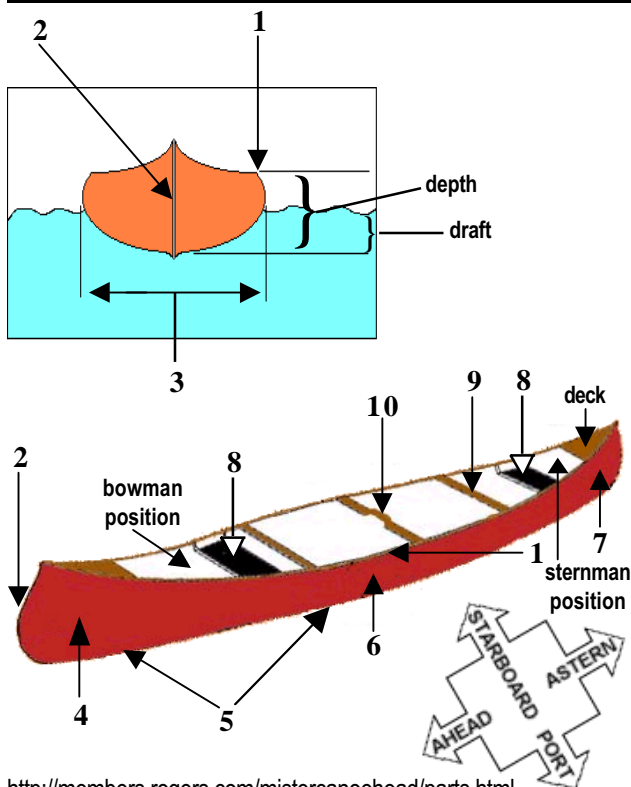
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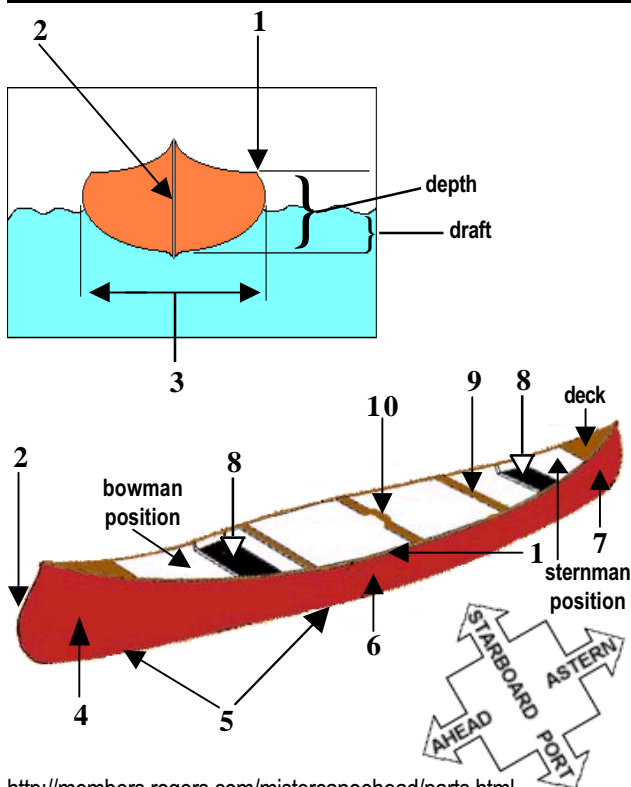
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## TERMS & SAFETY (5)



<http://members.rogers.com/mistercanoehead/parts.html>

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## CANOEING SKILLS (6)

With a companion, wearing the proper PFD and appropriately dressed for the weather and water conditions, use a properly equipped canoe to demonstrate the following:

- a. Safely carry and launch the canoe from a dock or shore (both, if possible).
- b. Safely land the canoe on a dock or shore (both, if possible) and return it to its proper storage location.
- c. Demonstrate kneeling and sitting positions in a canoe and explain the proper use for each position.
- d. Change places while afloat in the canoe.
- e. In deep water, exit the canoe and get back in without capsizing.



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i. Discuss what personal and group equipment would be appropriate for a canoe camping trip.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe how personal and group equipment can be packed and protected from water.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

j. Demonstrate how to load and secure equipment in a canoe.

k. Using appropriate knots, demonstrate how to secure a canoe to a rack on land, a vehicle, or a canoe trailer.



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a. Name and point out the major parts of a canoe.

- 1) \_\_\_\_\_ 6) \_\_\_\_\_
- 2) \_\_\_\_\_ 7) \_\_\_\_\_
- 3) \_\_\_\_\_ 8) \_\_\_\_\_
- 4) \_\_\_\_\_ 9) \_\_\_\_\_
- 5) \_\_\_\_\_ 10) \_\_\_\_\_

b. Describe how the length and shape of a canoe affect its performance. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

c. Discuss the advantages and disadvantages of the different materials used to make canoes.

\_\_\_\_\_

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d. Name and point out the parts of a paddle.

- 1) \_\_\_\_\_ 2) \_\_\_\_\_
- 3) \_\_\_\_\_ 4) \_\_\_\_\_
- 5) \_\_\_\_\_ 6) \_\_\_\_\_

Explain the difference between a straight and bent-shaft paddle.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

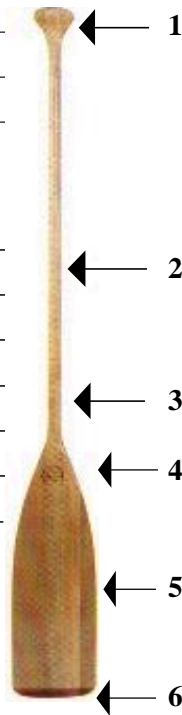
When is each used? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



e. Demonstrate how to correctly size a paddle for a paddler in a sitting position and a kneeling position.

f. Name the different types of personal flotation devices (PFDs).



\_\_\_\_\_

\_\_\_\_\_

Explain when each type should be used.

\_\_\_\_\_

\_\_\_\_\_

g. Show how to properly fit and test a PFD of correct size.

h. Discuss the general care and maintenance of canoeing equipment. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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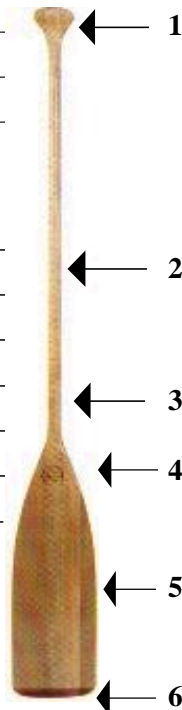
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