



## Kayaking BSA

### Requirements

1. Before fulfilling the following requirements, successfully complete the BSA swimmer test.
2. Do the following:
  - a. Describe various types of kayaks and how they differ in design, materials, and purpose.
  - b. Name the parts of the kayak you are using for this exercise.
  - c. Demonstrate how to choose an appropriately sized kayak paddle and how to position your hands.
3. Do the following:
  - a. Tell what precautions must be taken for a safe trip afloat.
  - b. Demonstrate how to select and properly fit a PFD.
  - c. Explain the importance of safety equipment such as PFDs, air bags, grab loops, and helmets.
4. Demonstrate your ability to aid yourself and others in the event of a capsize:
  - a. Capsize your kayak in water at least seven feet deep, perform a wet exit if necessary, and swim the boat to shore.
  - b. With assistance, if needed, ready the capsized craft for use.
  - c. Show how to approach a capsized paddler in your kayak and tow him to shore.
  - d. While upright in your kayak, right a capsized kayak, empty it of water, and assist the paddler aboard without returning to shore.
5. As a solo paddler, demonstrate the following:
  - a. Entering and launching a kayak from shore or dock
  - b. Landing or docking and exiting a kayak
  - c. Forward stroke
  - d. Sweep stroke
  - e. Reverse sweep
  - f. Draw stroke
  - g. Rudder stroke
  - h. Back stroke
6. As a solo paddler, do the following:
  - a. Paddle forward in a reasonably straight line.
  - b. Move the kayak sideways to the right and to the left.
  - c. Pivot 360 degrees to the right and left.
  - d. Stop the kayak.