



# Paddle Sports Stage 1 Activity Badge

**You can meet most of these requirements by doing activities on land (without actually being on the water). It's great to do them as part of an actual paddle sports activity if you can, though.**

**Please take this piece of paper to your instructor and ask them to sign the bottom form.**

## How to earn your badge

Choose one of the following options:

1. Complete the following badge requirements:
  - a. Identify different types of paddle craft.
  - b. Name three places you could safely go canoeing or kayaking.
  - c. Take part in a warm-up activity to prepare you for canoeing or kayaking. You could practice balancing whilst kneeling, getting in and out of a boat or practising a paddling action.
  - d. Dress appropriately for your chosen activity. Show you know the importance of buoyancy aids and how to put one on correctly.
  - e. Take part in a taster session that covers:
    - Naming equipment used and the parts of the boat.
    - Getting into and out of a boat safely.
    - Balancing a boat.
    - Manoeuvring your boat in different directions, including moving forward.
  
2. Gain the British Canoeing Paddle Start Award.

More details about this award can be found on the [British Canoeing website](#).

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**On behalf of 1<sup>st</sup> Locks Heath Scouts, please could you fill out the form below to help the young person presenting it to gain their badge.**

**Many thanks**

**I hereby certify that \_\_\_\_\_ has carried out the requirements of the Scout Association's Paddle Sports Stage 1 badge (as detailed above) In my presence.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Print:** \_\_\_\_\_

**Capacity:** \_\_\_\_\_ **(e.g., Teacher, Leader etc.)**

**Body or Organisation:** \_\_\_\_\_

\_\_\_\_\_ **(e.g., School, Club etc.)**