

PADDLE SAFELY Girl Scout Brownie Try-It



Paddling a kayak or canoe is lots of fun and easy if you know how, but you must always remember safety when on or around the water. This badge will help you learn to paddle safely and have lots of fun learning.

To earn this badge you must follow all Safety Wise guidelines and complete activities 1, 2 and 3 plus one other activity.

1. PFD Safety –Make sure that feel safe in the water before going on the water and show that you can wear and use a PFD properly. *Under the supervision of a certified lifeguard, enter the water wearing a properly fitted PFD (Personal Floatation Device). Show how you can float, move in the water and do both the HELP (Heat Escape Lessening Position) and Huddle in a PFD.*
2. On land show that you know how to get out of your kayak or canoe if you tip over.
3. In a canoe or kayak in the water show that you can board properly, go forward and turn to the right or left then stop. Get out and secure your canoe or kayak.
4. By using the “Reach, Throw, Don’t Go” guidelines, learn what to do if someone falls into the water. *Stay safety on land at all times. **Don’t go** in the water after the person. **Reach** with an object if the person is close to shore. Use a PFD, towel, pool toy such as a noodle, or other object. **Throw** something to the person if they are too far from shore to reach. Something that can float and is attached to a rope is best like a lifebuoy, PFD, rope or throwbag.*
5. Learn and demonstrate at least two of the following emergency signals for paddling:
 - “I need someone to throw me a rope” - by yelling “Rope”.
 - “I’m OK” - by patting the top of your head.
 - “Help” or “Emergency” - three blasts on a whistle.
6. Learn to catch a Throw Bag properly. *If you fall out of the kayak in moving water, a rescuer would yell “Rope!” If you answer back with “Rope”, or appear to be in trouble, then the rescuer will throw the “throw bag” (a bag with a rope attached) to you. When you catch the rope, put the rope over your shoulder and your back to the person holding the other end of the rope. When you are pulled in to shore the water will not hit you in the face.*
7. Find out what “Hypothermia” is and how to prevent it.