



ADVENTURE WORKSHEET

Bears Afloat

Cub Scouts · Elective · Bear rank

Name

Started

Completed

Bears Afloat gets you out on the water in a canoe, kayak, or paddleboard. You'll learn safety rules, wear a life jacket the right way, and paddle with qualified adults watching. It's a fun way to explore lakes and rivers.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/bears-afloat/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Pass the Scouting America swimmer test before trying requirements 6 and 7

Tip: Take the swimmer test early, before paddling, at a pool or camp with trained staff.

- ☐ **2** Choose the paddle craft you'll use for every requirement: canoe, kayak, or stand-up paddleboard

Tip: Pick one craft and use it for the whole adventure.

- ☐ **3** With your den or an adult, discuss what qualified adult supervisors do at a paddling activity

Tip: Talk about why trained adults need to be there and what they watch for.

Example: Qualified supervision means an adult trained in Safety Afloat is in charge, there are enough adults for everyone on the water, and they watch the paddlers the whole time.

☐ **4** Explain the safety rules for using a paddle craft

Tip: Learn the rules, like always wearing a life jacket and staying near your group.

Example: Your safety rules might be: always wear your life jacket, paddle with a buddy, stay close to your group, sit low and keep your weight centered, and head to shore if the weather changes.

☐ **5** Find out how to tell if a life jacket fits and is approved for your paddle craft activity; show how to wear it

Tip: Check the label, buckle it up, and have an adult lift at the shoulders to check the fit.

Example: Check that the label says U.S. Coast Guard approved and fits your size. Buckle and zip it, then have an adult lift at the shoulders. If it rides up past your ears, it's too loose.

☐ **6** Explore how your craft responds when you move the paddle through the water from different positions

Tip: Try paddling from different spots and notice how the boat turns and moves.

Example: Try paddling from the front, the back, and the middle. You might notice that paddling from the back helps steer, while paddling from the front pulls the boat forward.

☐ **7** Paddle a canoe, kayak, or stand-up paddleboard for 30 minutes or more

Tip: Paddle for at least 30 minutes on calm water with your group and qualified adults.