



ADVENTURE WORKSHEET

Paddle Craft

Cub Scouts · Elective · Arrow of Light rank

Name

Started

Completed

Paddle Craft gets you out on the water in a canoe, kayak, or paddleboard. You'll learn water safety, wear a life jacket the right way, and practice real paddle strokes. It's a great way to explore lakes and rivers with friends.

Requirements

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

- ☐ **1** Pass the Scouting America swimmer test before trying requirements 5, 6, 7, 8, and 9

Tip: Practice swimming first. You need to pass the test before requirements 5 through 9.

- ☐ **2** Pick one paddle craft (canoe, kayak, or stand-up paddleboard) and use it for every requirement

Tip: Pick the craft that sounds most fun and use it for all the requirements.

- ☐ **3** Review Safety Afloat

Tip: Go over Safety Afloat with a trained leader and talk about why each rule matters.

- ☐ **4** Show how to pick a life jacket in the right size and wear it properly

Tip: Find a life jacket that fits your size and buckle it snugly. Have an adult check it.

Example: Read the life jacket label to check it's Coast Guard approved and fits your weight. Buckle every strap and have an adult lift it at the shoulders. If it rides up past your chin, tighten it or go smaller.

- ☐ **5** Wearing a life jacket, jump feet first into water over your head, then swim 25 feet in the life jacket

Tip: With a lifeguard watching, jump in feet first in your life jacket and swim 25 feet.

- ☐ **6** Show how to safely get into and out of a canoe, kayak, or stand-up paddleboard

Tip: Keep your weight low and centered when getting in and out. Practice at the shore with an adult holding the craft steady.

Example: Enter from shore or a dock with the craft held steady. Step into the center, stay low, and keep a hand on each side. To get out, reverse it: stay low, step to the dock, then stand up.

- ☐ **7** Talk about what you'd do if your canoe or kayak flips or you fall off your paddleboard

Tip: Talk about staying calm, holding onto your craft, and waiting for help.

Example: If you capsize, stay calm and hold onto your craft, since it floats and is easy for rescuers to see. In moving water, keep your feet up and pointing downstream. Wait for help instead of swimming off alone.

☐ **8** Learn two paddle strokes: the power stroke and the sweep

Tip: Practice the power stroke to go forward and the sweep stroke to turn.

Example: The power stroke moves you forward: reach ahead, put the blade in, and pull it back to your hip. The sweep stroke turns you: make a wide arc from front to back, and the boat turns away from that side.

☐ **9** Paddle your canoe, kayak, or stand-up paddleboard for 30 minutes or more

Tip: Paddle with a buddy near shore, using your new strokes to steer.