

Paddle Sports Stage 1



1a. Identify different types of paddle craft.

1b. Name three places you could safely go canoeing or kayaking.

1e. 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.

1c. 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 paddling action.

A 'BRITISH CANOEING PADDLE START AWARD' AUTOMATICALLY COMPLETES THIS BADGE. PLEASE BRING IN YOUR CERTIFICATE.

**1d. Dress properly for your chosen activity.
Show you know the importance of buoyancy aid and how to put one on correctly.**