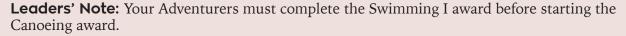


Canoeing

- **1.** Earn the Swimming I award.
- **2.** Paddle for a distance of 50 meters; turn right and left, always maintaining the oars on the same side of the canoe.
- **3.** Enter and exit a canoe from a dock and from shore without getting wet or getting water in the canoe.
- **4.** Know what the prow and stern of the canoe are and learn to maintain stability in a canoe that is being shaken by the water.
- **5.** Know how to prepare for canoeing.
 - **a.** Know how to dress appropriately.
 - **b.** Know what precautions to take in different climate circumstances.



The Adventurer must be accompanied by a canoeing instructor at all times. The instructor should be experienced in canoeing. Adventurers must wear a life jacket during demonstration and practice in the water.

