



Canoeing Merit

Note: Prior to beginning this merit, you must complete the Swimming Merit.

Swimming Merit completed

1. Name and locate the major parts of a canoe and paddle.
Complete MWS 1 “Parts of a Canoe and Paddle.”
2. Demonstrate the proper procedure for carrying, launching, and getting into a canoe from a dock or shore. Then show how to land and exit at a dock or shore.
3. In deep water, wearing a PFD (personal floatation device), demonstrate how to safely jump out of a canoe and then get back in without assistance.
4. List and explain the points of the American Whitewater Affiliation Safety Code or its equivalent.
Obtain a copy of the American Whitewater Affiliation Safety Code and insert it in your workbook. Be prepared to answer any question your commander asks about the code.
5. Demonstrate your ability to paddle a canoe in a straight line for at least one hundred feet and then backstroke in a straight line for at least fifty feet.
6. Demonstrate the proper form for the following canoe strokes and maneuvers:
 - a. Forward stroke
 - b. Backstroke
 - c. Draw and push-away strokes
 - d. Forward and reverse sweeps
 - e. “J” stroke
 - f. Turn and pivot
7. Demonstrate how to safely change places in a canoe while afloat.
8. Demonstrate how to swamp a canoe. Then get in and paddle at least one hundred feet to shore and empty it in shallow water.
9. In deep water, demonstrate how to empty a swamped canoe using the “canoe-over-canoe” rescue.

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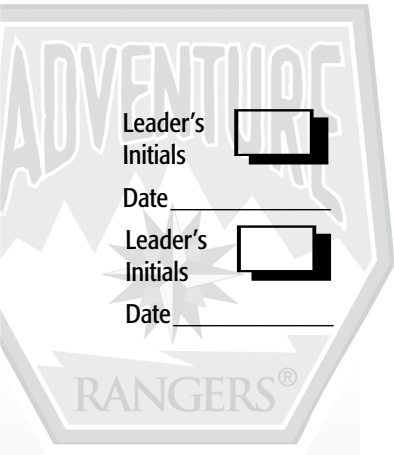
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10. Explain the difference between flat water, moving water, and whitewater canoeing.

Flat-water canoeing: _____

Moving-water canoeing: _____

Whitewater canoeing: _____

11. Demonstrate the proper method for rescuing a swimmer with a canoe.

12. List the safety equipment needed for canoeing on moving water and explain the purpose and use of each item.

13. Explain the levels of the “International Scale of River Difficulty” and the conditions that define each level.

International Scale of River Difficulty

Class I: _____

Class II: _____

Class III: _____

Class IV: _____

Class V: _____

Class VI: _____

14. Explain how to read a river, both from shore and while afloat. Describe and explain the causes and hazards of the following river conditions:

River reading is _____

a. Upstream V and downstream V _____

b. Haystacks _____

c. Shoals _____

d. Broken drops _____

e. Sheer drops _____

f. Eddies _____

g. Whirlpools _____

Then demonstrate your ability to read and navigate a river during a canoe trip.

15. Discuss the general care, maintenance, and storage of canoes and equipment.

Canoes: _____

Paddles: _____

PDFs: _____

Other equipment: _____

16. Define what is meant by “portaging” and “lining” a canoe.

Portaging: _____

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Date



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Date

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Lining: _____

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17. Prepare a list of the clothing and equipment needed on an overnight canoe camping trip. Assume you will be floating to your campsite and must carry all necessary equipment in your canoe. Explain why each item is needed and the major things you considered in your decision to include it. Properly load and secure this equipment into a canoe.

Write your answers on separate pieces of paper and insert them in your workbook.

18. Complete at least ten hours of canoeing during one or more canoe trips. These hours must include at least one trip of four hours or more. The preferred experience should be in flat water.