



## Paddle Sports Badge Stage 1

You've already covered most of the things you need to do in order to earn your Paddle Sports Stage 1 activity badge, but there are a few things that we don't always have time to cover on the water. Complete this worksheet and hand it to your leader to finish off the requirements for the badge.

Your name: \_\_\_\_\_

Name three different locations that you could go canoeing, kayaking, or stand-up paddle boarding:  
(think about where you've been with Scouts, or where you've seen other people paddling)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Name the equipment used & different parts of the boat

Put the labels into the correct boxes:

- |                 |                 |               |
|-----------------|-----------------|---------------|
| A. Hull         | E. Seat         | I. Foot rests |
| B. Bow (front)  | F. Cockpit      | J. Deck       |
| C. Paddle blade | G. Paddle shaft |               |
| D. Stern (back) | H. Grab loop    |               |



### Identify different types of paddlescraft

Match the descriptions to the pictures of different types of paddlescraft:

|  |  |   |
|--|--|---|
| <p><b>A.</b> General purpose kayak – a mid-size, plastic boat with an enclosed cockpit. They are suitable for use on lakes, easy rivers and the sea. They are normally paddled by one person, sitting down using a double bladed paddle.</p>                             | <p><b>B.</b> Sit-on-top kayak – a very stable and easy to paddle boat. The paddler sits on top of the kayak. They can be used on the sea, estuaries, rivers, lakes and canals.</p> | <p><b>C.</b> Sea kayak - generally a long, fast boat paddled by one person on the sea. They have an enclosed cockpit and often have multiple hatches and bungee cords on the deck for storage. They are often made of fibreglass.</p>                                     |
| <p><b>D.</b> Canadian canoe – an open, traditional Native American style boat. Normally paddled by one or two people using a single bladed paddle. They can be paddled on flat water or white water rivers, used to go on family canoeing trips or go canoe camping.</p> | <p><b>E.</b> Stand-Up Paddleboard (SUP) An over-sized surf board which is paddled with a single bladed paddle whilst standing upright.</p>   | <p><b>F.</b> White water kayak – normally a short, wide boat made of plastic with an enclosed cockpit and lots of buoyancy. There are different designs for paddling fast flowing rivers and over big waterfalls, surfing in the sea, or doing tricks and acrobatics.</p> |



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