Canoeing:

Requirements:

Canoe Level 1: Know the parts of a Paddle and Canoe. Be able to demonstrate how to get into and out of a canoe. Be able to forward paddle.

Canoe Level 2: Level 1 + be able to demonstrate J Stroke, Back stroke, Draw Stroke, Pry Stroke, Slide, sweep stroke, cross draw, cross forward strokes and the Hut Stroke.

Canoe Level 3: Level 2 + Be able to effectively paddle a two man canoe from the front and the rear on a small lake and follow orders when given. Safety and wind considerations for canoeing and proper attire must be known.

Canoe Level 4: Level 3 + U-Turn maneuver, River navigation including sandbars, rocks, trees, strainers, currents and how to beach or land a canoe while on a river. Participate in a one day canoe trip on a river of over 10 miles or on a lake for at least 4 hours.

Canoe Level 5: Level 4 + be able to execute all skills in a single person canoe. Know how to and demonstrate the packing of a canoe for an overnight camping trip. Must know how to transport a canoe.

Canoe Level 6: Level 5 + Lead an overnight camping and canoe trip on a lake or river. Demonstrate 2 different water rescues.