Paddle Craft Safety Training Course

Float trips are popular Boy Scout and Venturing activities. *Safety Aflo*at awareness training provides guidelines for safe float trips and is required of unit leaders, but does not provide the skill training mandated by those guidelines. *BSA Paddle Craft Safety* expands *Safety Afloat* training to include the skills, as well as the knowledge, needed for a unit leader to confidently supervise canoeing or kayaking excursions on flat water. Persons completing the training should be better able to assess their preparation to supervise paddle craft activities. The training is open to any registered adult leader, Scout, Venturer, or Explorer who is age 16 or older. The training must be conducted by a council approved instructor, takes roughly eight hours and is valid for three years.

Paddle Craft Safety Requirements:

Age and physical fitness:

Be age 16 years or older prior to training

Submit written evidence of physical fitness

Swimming Ability:

Complete the BSA *swimmer* test: Jump feetfirst into water over the head in depth. Level off and swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating.

Personal Safety Skills:

Select a PFD of appropriate size and demonstrate proper fit.

Demonstrate the feet-up floating position used if caught in a current.

Demonstrate H.E.L.P and Huddle positions.

Capsize and swim a boat to shore.

Basic boating skills:

Demonstrate the following maneuvers on calm water using standard stroke techniques:*

Transport boat from rack or trailer to water's edge.

Safely board and launch the craft.

Travel in a straight line for 50 yards.

Stop the craft.

From the stop, move the boat sideways first to the right, then to the left.

From the stop, pivot the boat to the right, then to the left.

Return to shore along a curved course demonstrating both left and right turns while underway.

Land, safely exit and store the craft.

Group safety skills:

Throw a rescue bag, laying the line within 3 feet of an object 30 feet away.

Demonstrate a boat rescue of a swimmer.

Demonstrate an on-water boat-over-boat assist.

Correctly answer 80% of the questions on the Paddle Craft Safety written exam covering Safety Afloat, trip preparation, emergency action plans, and basic boating knowledge. Review any incomplete or incorrect answers.

NCAC Paddle Craft Safety Course Information

The Paddle Craft Safety course has 4 major components:

1) BSA Swim test
2) Classroom session
3) Written test
4) On/in-the-water boating session

The BSA swim test should be taken under the supervision of NCAC-approved aquatics personnel to meet the requirements of #1. NCAC Aquatics Committee personnel can conduct the swim test at a facility convenient to you.

Component 2 is held as a three hour classroom session. The *required* textbook for #2 & #3 is BSA Aquatics Supervision publication (old No. 34346, new No. 34737). It serves as the text for the course and is the standard reference on policies and skills covered during the course. The written exam is taken directly from the material in Section I and Chapters 12 through 20 in Section III of the text. If participants want to take the written test at the end of the classroom session they should be familiar with Sections 1 & III before coming to the class. Experience has shown that it is unlikely that the written test can be successfully completed without reviewing the appropriate sections in the Aquatics Supervision book since all the test material is NOT covered during the classroom session.

Component 4 takes about 4-6 hours of on/in-the water work. Participants will get wet during the session, so be prepared. The BSA swim test must be completed prior to participation in component #4. This course involves boating and therefore abides by the Personal Health Review criteria of BSA's Safety Afloat guidelines. Since the activity is not unduly strenuous and lasts less than 72 hours, only a health history (BSA Annual Health and Medical Record, Part A) is required. Participants must present their health history before taking the BSA swim test.

Successful completion of all four course components results in a Paddle Craft Safety course completion card being awarded. Cards expire 3 years after completion.

Register online for a particular session. Register early to ensure your place in the course. A minimum of three participants is needed one week before the course. If there are not sufficient registrations one week before the course it will be cancelled (we will attempt to contact you).

The $25 registration fee includes the required textbook, the classroom session and the water session (water sessions are scheduled on an ad-hoc basis when enough participants have completed the classroom sessions).

Register at *www.boyscouts-ncac.org/aquatics*

Paddle Craft Safety Course Schedule

Date	Registration Deadline
29 Oct 11	21 Oct
7 Jan 12	30 Dec
3 Mar 12	24 Feb
28 Apr 12	20 Apr
30 Jun 12	22 Jun
27 Oct 12	19 Oct

Classes are held at the Hylton Training Center, Camp William B. Snyder
6100 Antioch Road, Haymarket, VA 20169

Contact Mike Meenehan (703-400-2176) mmmeenehan@cox.net if you have questions.

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