



Whitewater Rafting, BSA Workbook



This Workbook can help you organize your thoughts as you prepare to meet with your counselor

Leaders and Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information.

You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found on Scouting.org.

The requirements were issued in 201 • This workbook was updated in February 2022.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Phone No.: _____ Email: _____

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** for the award should be sent to: Advancement.Team@Scouting.Org

1. Before doing the following requirements, successfully complete the BSA swimmers test.

Date Completed: _____

2. Do the following:

- a. Name the parts of a whitewater raft.

- b. Describe differences between a paddle raft and an oar powered raft.

- c. Explain the importance of perimeter lines used on whitewater rafts.

- d. Demonstrate how to choose an appropriate size paddle.

Date Completed: _____

- e. Demonstrate how to select and properly fit a life jacket.

Date Completed: _____

- f. Demonstrate how to select and properly fit a helmet..

Date Completed: _____

- g. Discuss the use of throw ropes in rescuing overboard paddlers.

- h. Discuss common river hazards including rocks, strainers, broaching, standing waves, hydraulics and foot entrapment.

- 3. Explain the importance of safety equipment used in whitewater rafting including throw ropes, helmets and life jackets.

Also discuss appropriate clothing and footwear for a whitewater rafting trip.

- 4. Under proper supervision and appropriate conditions safely do the following:
 - a. Lift, carry, launch and land an inflatable raft, with help, on calm or slow moving water.
Date Completed: _____
 - b. Sit in a raft as a paddler with proper foot position.
Date Completed: _____
 - c. Swim a Class I rapid while wearing a life jacket, helmet and attire appropriate for the water temperature. Demonstrate defensive and aggressive swimming positions as possible.
Date Completed: _____
- 5. While on calm or slow moving water, demonstrate the following strokes in an inflatable raft with at least one other paddler and on command of a qualified paddle captain:
 - a. Forward
Date Completed: _____
 - b. Back
Date Completed: _____
 - c. Sweep
Date Completed: _____

- 6. While on moving water up to Class I, demonstrate the following maneuvers with at least 3 other paddlers in an inflatable raft and on the command of a qualified paddle raft captain:
 - a. Turn left
Date Completed: _____
 - b. Turn right
Date Completed: _____
 - c. Paddle forward in a straight line for 50 feet.
Date Completed: _____
 - d. Back paddle reasonably straight for 15 feet.
Date Completed: _____

- 7. While on moving water up to Class I, demonstrate the following maneuvers with at least 3 other paddlers in an inflatable raft and on the command of a qualified paddle raft captain:
 - a. A front or a back ferry.
Date Completed: _____
 - b. A shallow or a wide eddy turn.
Date Completed: _____
 - c. A shallow or a wide peel out.
Date Completed: _____

- 8. Participate in a whitewater rafting trip in up to Class III whitewater with a qualified paddle raft captain in each raft using a minimum of two rafts and for at least one hour's duration.
Date Completed: _____