

Paddle, Pole and Roll

Paddle, Pole and Roll is the designation given to the Girl Scout Interest Project for Kayaking and other water related sports. Kayak Adventures is proud to be associated with the Girl Scouts of the Genesee Valley and to have the opportunity to offer assistance to Girl Scouts that wish to earn this Merit Badge. Following is a description of the requirement for this Interest Project. This information can be found starting on page 170 of the Interest Project handbook.

To earn credit for this Interest Project the Girl Scout must complete items 1 thru 7 in the Skill Builders section. In Technology, Service Projects and Career Exploration the Scout must complete at least one item in each section. Final completion of the Interest Project requires that a Scout complete all of the items listed in all four sections.



Kayaking in just plain fun!!

DESCRIPTION OF THE REQUIREMENTS

Note: Read the following section carefully, and then consult with your Troop leader to get assistance with items number 4 in Skill Builders. The remainder of the Items you will get assistance from Kayak Adventures.

If you are a water baby with an adventurous edge, Paddle, Pole and Roll is an interest project with many appealing canoeing and kayaking activities.

Skill Builders

- Activities #1 and #2 are required before doing the other activities in this section.
- 1) In the presence of a certified lifeguard or instructor, demonstrate your ability to go under and back up to the surface of the water confidently and your comfort level in the water while wearing a PFD. Or pass an American Red Cross swim test.
- 2) Show an instructor that you can handle a canoe or Kayak. Demonstrate that you can:
 - Balance your craft and get in it safely.
 - Start, stop, dock and beach your craft.
 - Go straight for 50 yards.
 - Go backward for 50 Yards.
 - Go sideways for 50 yards.
 - Make a left turn, a right turn and a 360 degree turn.
 - Swamp your canoe or Kayak and paddle back to shore.
 - Lift your craft over your head safely for portaging.

3) Demonstrate with proficiency for your instructor the following strokes:

- Forward Stroke
- Sweep Stroke
- Feather Stroke
- Reach and Pull
- Rudder
- Forward paddle
- Double Blade paddling
- Single person paddling
- Double person paddling

4) Know Basic first aid for water safety, including hypothermia, drowning, shock, cardiopulmonary resuscitation (CPR), breaks, sprains, heatstroke, dehydration, and bleeding. Enroll in a standard first-aid course and CPR course. Create a list of the contents for a first-aid kit, including an emergency management plan with contact persons included.

5) With your instructor's or leader's assistance, role play the following situations and demonstrate how you would handle them.

- A medical emergency happens while you are canoeing or kayaking: for example, the friend who is accompanying you suffers sunstroke.
- A person is thrown into fast-moving water. The other person is alone in the boat.
- A canoe or kayak overturns, leaving one person with a broken arm and the other PFD in the water.
- Your paddle falls into fast-moving water.
- A severe storm, with lighting and thunder, rolls in while you are out boating in the middle of a large lake.

6) Help plan and take part in at least a one-day canoe/kayak trip. Learn to "read" the water conditions and know the international scale of difficulty. Understand the importance of planning a safe trip; include in your plan time for reading the river, checking the weather, and assessing whether or not you will portage your craft at any point on the river.

Technology

1) Know the major parts of a canoe or kayak. Draw a small-scale model or Construct one out of cardboard, clay, bark, or synthetic materials. Explain the function of each part. For an added challenge, construct a model canoe or kayak from your design and explain its advantages.

Service Projects

4) Demonstrate how to choose a proper-fitting personal flotation device (PFD). Share information about the role of clothing in preventing hypothermia with a group planning a water adventure.

Career Exploration

1) Prepare for a job at a Girl Scout Camp. Check “Safety-Wise” for requirements and ask your Girl Scout council for a waterfront boating staff job description. Write a resume for this job.

And Beyond

If water adventure whets your appetite further, try these related interest projects. Consult with your Paddle, Pole and Roll instructor for additional details. Kayaking can be a lifelong recreational option.

- Recreational River Exploring (Kayak/Canoe)
- Downriver Whitewater Racing (Kayak/Canoe)
- Slalom Racing (Kayak/Canoe)
- Play Boating (Kayak/Canoe)
- Weekend camping/Kayaking trips
- Becoming a Kayak Instructor
- Kayak Clubs (recreational or Competitive)
- Learning how to repair Kayaks

Course Registration: Girl Scouts interested in this Interest Project can contact their Scout Leader for more information or have their parents contact Kayak Adventures, 585-377-1994, Or by going to: www.kayak-adventures.org for additional information. Only active scouts are Eligible for this program.

This interest project is divided into two parts.

Part 1 is done at MCC and consists of two three hour pool sessions. This part can be done At any of the Introduction to Kayaking sessions. If the posted schedules don't work Contact Kayak Adventures at 585-377-1994 to work out an alternate schedule.

Part 2 is done on gentle moving water, weather permitting, and generally takes a full day to complete. This part is done in the spring at Rochester Canoe and Kayak Park.

Course fee: Part 1 \$50
Part 2. \$25

Note: Each Scout must complete Part 1 before they can Proceed to Part 2. The fee includes Equipment and Instruction along with course materials.

The pool session is held at Monroe Community College and the Moving water session is held at Rochester canoe and kayak Park.